



A HEALTHY LOOK AT IDAHO YOUTH

RESULTS OF THE 2001 IDAHO YOUTH RISK BEHAVIOR SURVEY
AND
2000 SCHOOL HEALTH EDUCATION PROFILE



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Prepared for the Idaho Department of Education
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PREFACE

The YRBS is one component of the Youth Risk Behavior Surveillance System developed by the Centers for Disease Control and Prevention in collaboration with representatives from 71 state and local departments of education and health, 19 other federal agencies, and national education and health organizations. The Youth Risk Behavior Surveillance System was designed to focus the nation on behaviors among youth related to the leading causes of mortality and morbidity among both youth and adults and to assess how these risk behaviors change over time. The Youth Risk Behavior Surveillance System measures behaviors that fall into six categories:

1. Behaviors that result in intentional and unintentional injuries and violence;
2. Tobacco use;
3. Alcohol and other drug use;
4. Sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies;
5. Dietary behaviors; and
6. Physical activity.

The body of this report highlights the results of the 2001 Idaho Youth Risk Behavior Survey and is intended for use by a broad audience including educators, health program planners, community organizations, youth, parents, legislators, and government agencies.

ACKNOWLEDGEMENTS

The 2001 Idaho Youth Risk Behavior Survey (YRBS) is one component of the surveillance and reporting system for adolescent risk behaviors developed by the Division of Adolescent and School Health (DASH), the National Center for Chronic Disease Prevention and Health Promotion, and the Centers for Disease Control and Prevention (CDC). The YRBS was first used in Idaho in 1991. The Idaho Department of Education and State Superintendent Marilyn Howard acknowledge the participation, support, and cooperation of those persons who made the 2001 Idaho Youth Risk Behavior Survey possible. Sincere appreciation is expressed to:

- the Centers for Disease Control and Prevention, Division of Adolescent and School Health, and the WESTAT Technical Assistance Project
- the school district superintendents, principals, and the teachers and students who participated in the 2001 Idaho Youth Risk Behavior Survey.
- the Bureau of Health Promotion, Division of Health, Idaho Department of Health and Welfare.

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Introduction

This report describes the results of the 2001 Idaho Youth Risk Behavior Survey and the 2000 School Health Education Profile. The Idaho Department of Education conducted the survey during the Spring 2001 school semester. Similar surveys were conducted in 1991, 1993, and 1995.

Mortality, morbidity, and social problems Idaho teenagers encounter are largely related to a small number of negative behaviors such as drinking and driving, sexual intercourse at a young age, suicide, and lack of seatbelt use, etc. Tobacco use, excessive consumption of fats, and insufficient physical activity (behaviors formed during adolescence) are known to lead to diseases which are not manifested until adulthood. These behaviors and associated health problems are largely preventable.

Survey results for each of the risk factors (i.e. injury, tobacco use, alcohol and other drug use, poor diet, and physical inactivity) are presented in four parts:

- an overview of the risk factor as it applies to Idaho high school students
- highlights of the 2001 Idaho YRBS in bullet form
- graphic illustration of 2001 YRBS key findings among grades and sexes
- selected adolescent health objectives for the Year 2010 (Healthy People 2010)

For readers desiring additional information, a question-by-question summary of survey results is included in the Appendix of this report. Contact Barbara Eisenbarth, Idaho Department of Education, for more information about the use of the YRBS in school health education programs: (208)332-6950.

Healthy People 2010

Healthy People 2010 contains 467 objectives to improve the health of Americans by the year 2010. Because these objectives are national, not solely federal, the achievement of these objectives is dependent in part on the ability of health agencies at all levels of the government and on non-governmental organizations to assess objective progress.

This report includes (where appropriate) selected national health objectives for the year 2010 and the corresponding 2001 Idaho Youth Risk Behavior Survey baseline measure.

Further information about Healthy People 2010 visit the website at:
www.health.gov/healthy people/

Methods

Sampling

The 2001 Idaho Youth Risk Behavior Survey employed a two-stage cluster sample design to produce representative samples of students in grades 9-12 in Idaho's public school system. The first-stage sampling frame included traditional public schools containing any grades 9 through 12. Schools were selected systematically with probability proportional to school enrollment size using a random start. At the second sampling stage, intact classes of a required subject or a required period (e.g., second period) were randomly selected using systematic equal probability sampling with a random start. All students in selected classes were eligible to participate in the survey.

Data Collection

Students completed the self-administered questionnaire in their classrooms during a regular class period, recording their responses directly on a computer-scannable answer sheet. The Idaho YRBS questionnaire contained 87 multiple-choice questions plus two additional questions to collect student height and weight. Survey procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration. A copy of this survey can be obtained from the Idaho Department of Education: (208)332-6950.

Data Weighting

Based on the sampling methodology, a weight was associated with each student's responses in order to reflect the likelihood of sampling each student. For more information regarding the methodology used to weight the data contact the Idaho Department of Education. The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular Idaho public school students in grades 9 through 12.

Survey Limitations

The YRBS does have several limitations which may impact the reliability and usefulness of the results. The 2001 Idaho survey is administered to students enrolled in one of Idaho's traditional public schools. Many teens who are at the highest risk for unhealthy behaviors may have dropped out of school and therefore are not represented by these results. In addition, respondents of self-reported surveys may have a tendency to under-report behaviors that are socially undesirable, unhealthy, or illegal (drug, alcohol and tobacco use, sexual abuse, etc.) and over report behaviors which are socially desirable (exercise frequency, healthy diet, seat-belt use, etc.). Despite these limitations, YRBS data can be useful in tracking behaviors over time (trend data) and in making adolescent health program decisions.

Survey Summary

Participants

The 2001 Idaho Youth Risk Behavior Survey was completed by 1,714 students in 33 public high schools in Idaho during the spring of 2001. The school response rate was 77%, the student response rate was 88%, and the overall response rate was 68%. The results are representative of all students in traditional public schools containing grades 9 through 12. The weighted demographic characteristics of the sample are as follows:

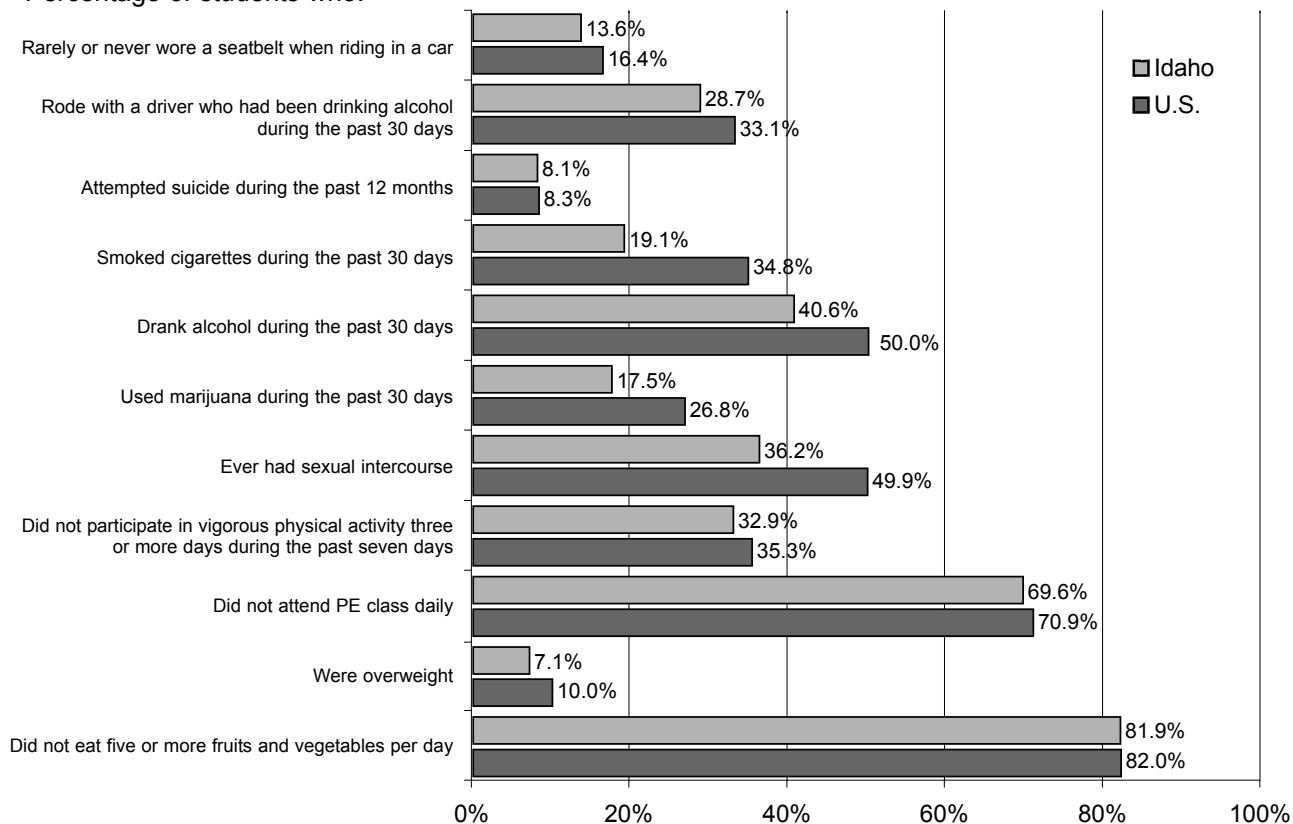
Female	48.2%	9th grade	26.1%	African American	0.3%
Male	51.8%	10th grade	25.9%	Hispanic/Latino	10.4%
		11th grade	24.6%	White	86.8%
		12th grade	23.2%	All other races	1.3%
				Multiple races	1.3%

Note: Due to rounding and/or weighting of results, and the overlap among racial and ethnic groups, the above demographic group totals may not add up to 100%

The following chart highlights some of the major summary statistics for the 2001 Idaho YRBS:

Summary Results from the 2001 Idaho High School YRBS and 1999 National YRBS Survey Summary Findings—Weighted Data

Percentage of students who:



U.S. data source: 1999 National Youth Risk Behavior Survey.

Unintentional and Intentional Injuries

In 2000, 83% of all deaths among Idaho youth and young adults aged 10-24 years resulted from only four causes—motor-vehicle crashes (49%), suicide (23%), other unintentional injuries (9%) and homicide (2%).¹ It is estimated that approximately 30% of all motor vehicle crashes that result in injury involve alcohol.² For this reason the 2001 YRBS questionnaire measured the frequency in which students drove while under the influence of alcohol.

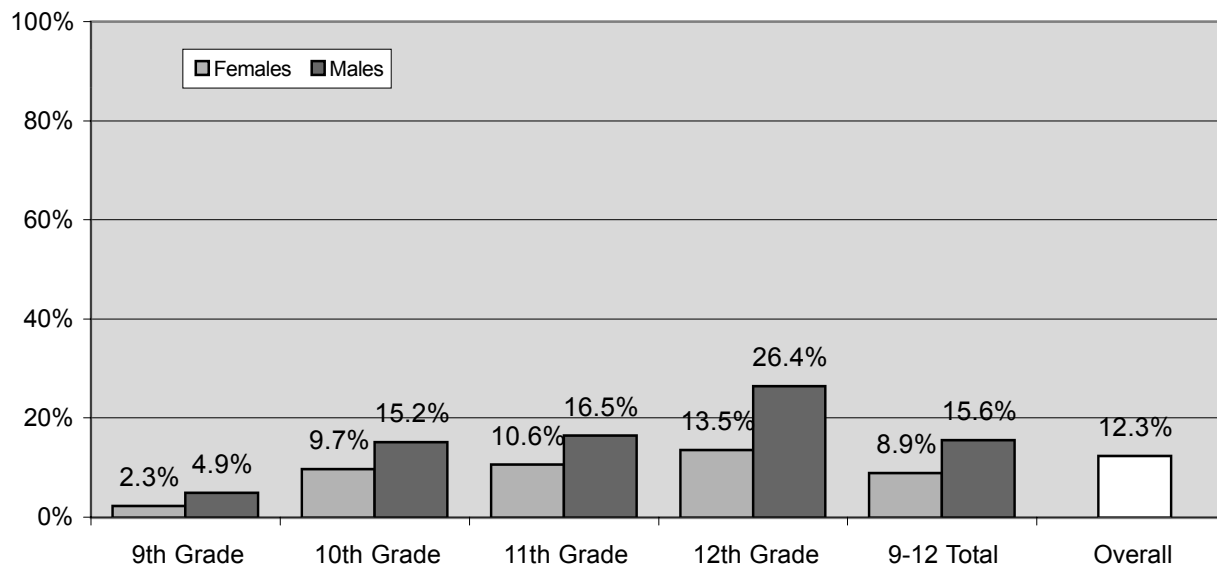
Head injury is the leading cause of death in motorcycle and bicycle crashes, although helmets substantially reduce the risk for serious head injuries.^{3,4} It is also estimated that seat belt use may reduce the risk of a fatal motor vehicle injury by 45% and moderate to critical injuries by 50%.⁵ The YRBS measured the frequency of helmet use among students riding motorcycles and bicycles, as well as seatbelt use.

Injury in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- One in eight Idaho high school students drove a vehicle in the previous 30 days when he or she had been drinking alcohol (Q12)
- 29% of students report riding in a car or other vehicle in the previous 30 days driven by someone who had been drinking alcohol (Q11)
- 37% of students who rode a motorcycle in the previous year never or rarely wore a helmet (Q8)
- Among those students who rode a bicycle in the previous 12 months, 85% never or rarely wore a bicycle helmet (Q10)
- Male students (18%) were twice as likely as female students (9%) to report that they never or rarely wore a seatbelt when riding in a car driven by someone else (Q10)

Percentage of students who, during the previous 30 days, drove a car or other vehicle one or more times when they had been drinking alcohol



HP 2010 Goal 26-6: **Riding with a driver who had been drinking alcohol**

Reduce the proportion of adolescents who report they rode, during the previous 30 days, with a driver who had been drinking alcohol to 30%
Idaho 2001 Baseline: 29%

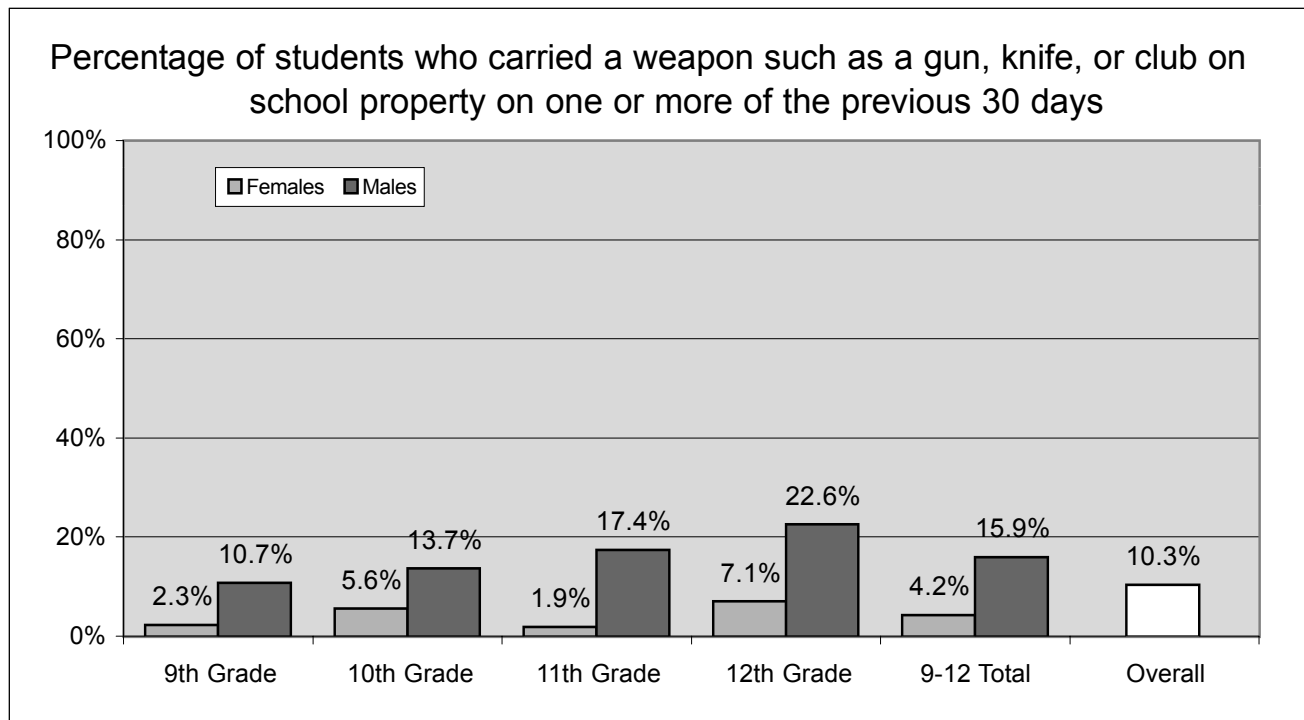
Unintentional and Intentional Injuries

Approximately nine out of ten homicide victims in the United States are killed with a weapon of some type, such as a gun, knife, or club.⁶ Unintentional firearm-related fatalities are also a critical problem among children and young adults in the United States.⁷ In 1999, 152 Idahoans died as a result of firearm-related injuries.⁸ The 2001 Idaho YRBS included questions designed to measure violence-related behaviors. These questions asked about the prevalence and frequency of weapon use and the occurrence of threats or injuries from the use of a weapon. One in ten Idaho high school students carried a weapon to school on one or more of the previous 30 days and 5% of students reported that they did not come to school one or more times during the previous month because they felt unsafe.

Injury in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- Male students (16%) are four times as likely as female students (4%) to have carried a weapon on school property during the previous 30 days (Q13)
- Nearly one in four 12th grade males carried a weapon on school property during the previous 30 days (Q13)
- One in ten Hispanic students did not go to school on one or more days of the previous month because he or she felt unsafe (Q14)
- 10% of male students and 6% of female students said that they had been threatened or injured with a weapon on school property one or more times during the previous 12 months (Q15)



HP 2010 Goal 15-39: **Carrying a weapon**
 Reduce weapon carrying by adolescents on school property to 6%
 Idaho 2001 Baseline: 10%

Unintentional and Intentional Injuries

YRBS injury-related questions measured the frequency and severity of physical fights and abusive behavior. Among Idaho high school students, 29% were in a physical fight in the previous year, and 13% were in a physical fight on school property. One in ten Idaho students report they have been hit or slapped on purpose by their boyfriend or girlfriend during the previous year

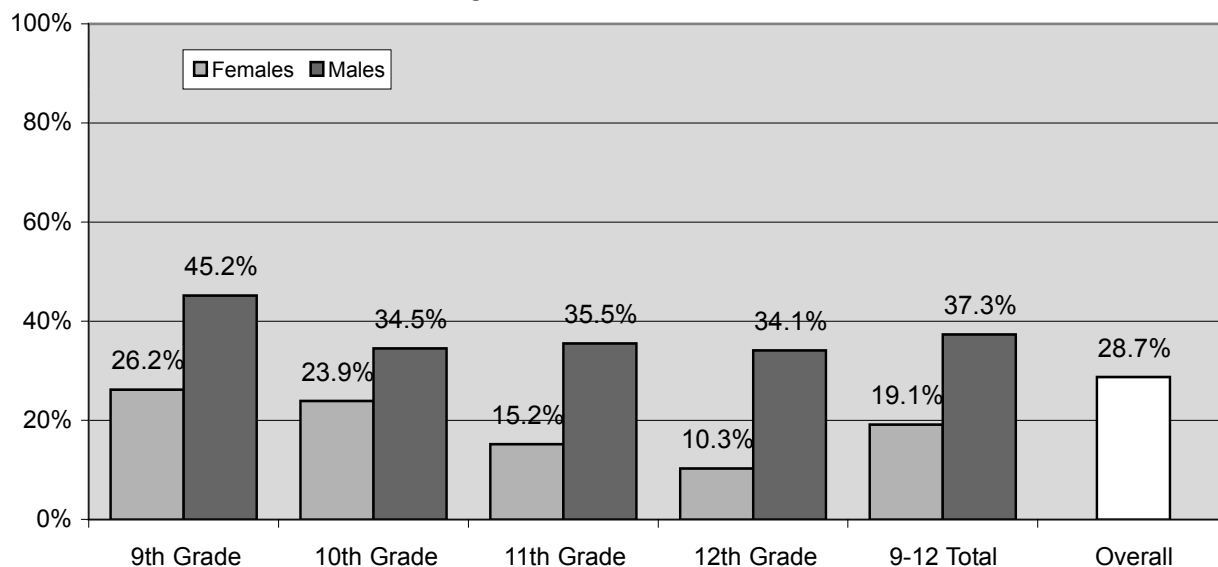
Forced sex has been associated with suicidal ideation and attempts,⁹ alcohol and drug use,¹⁰ and increased risk of chronic diseases and somatic symptoms in both reproductive and non-reproductive organ systems.¹¹ In Idaho, 11% of female students and 5% of male students report they have been physically forced to have sexual intercourse.

Injury in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- Male students were nearly twice as likely as female students to have been in a physical fight one or more times during the previous year (Q16)
- 3% of Idaho students were injured in a fight in the previous month and had to be treated by a doctor or nurse (Q17)
- 28% of 9th grade males and 9% of 9th grade females said they were in a fight on school property one or more times during the previous year (Q18)
- One in ten high school students were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the previous 12 months (Q19)
- One in ten female high school students in Idaho has been physically forced to have sexual intercourse when they did not want to (Q20)

Percentage of students who were in a physical fight one or more times during the previous 12 months



HP 2010 Goal 15-38: **Physical fighting**
 Reduce physical fighting among adolescents
 Idaho 2001 Baseline: 29%

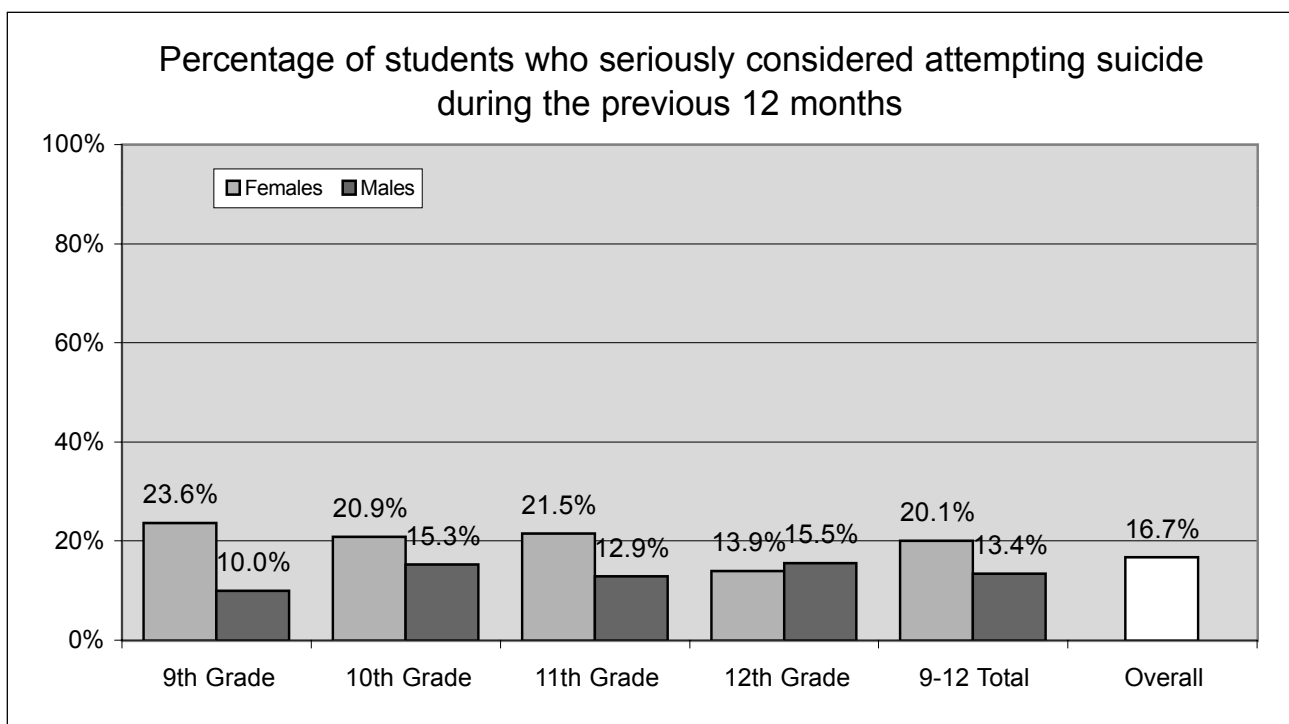
Unintentional and Intentional Injuries

Suicide is the 2nd leading cause of injury related deaths among youth aged 10 to 24 in Idaho.¹ On the national level, the suicide rate for persons aged 15 to 24 has tripled since 1950.¹² In 1999, 30 Idahoans between the ages of 5 and 24 committed suicide.¹ According to results of the 2001 Idaho YRBS, 17% of all high school students seriously considered attempting suicide in the previous year and 14% said they made a plan for how they would attempt suicide. Among all Idaho students, 8% report having actually attempted suicide during the previous year. Suicide ideation appears to occur more often among high school females.

Injury in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- One in four high school students reported that in the previous 12 months they felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities (Q21)
- 9th grade females (24%) were more than twice as likely as 9th grade males (10%) to have seriously considered attempting suicide in the previous 12 months (Q22)
- During the previous year 14% of high school students reported having actually made a plan about how they would attempt suicide (Q23)
- 11% of high school females and 6% of high school males have attempted suicide one or more times during the previous 12 months (Q24)



HP 2010 Goal 18-02: **Sadness and suicide ideation and attempts**
 Reduce the rate of suicide attempts by adolescents to a 12-month average of 1%
 Idaho 2001 Baseline: 8%

Tobacco Use

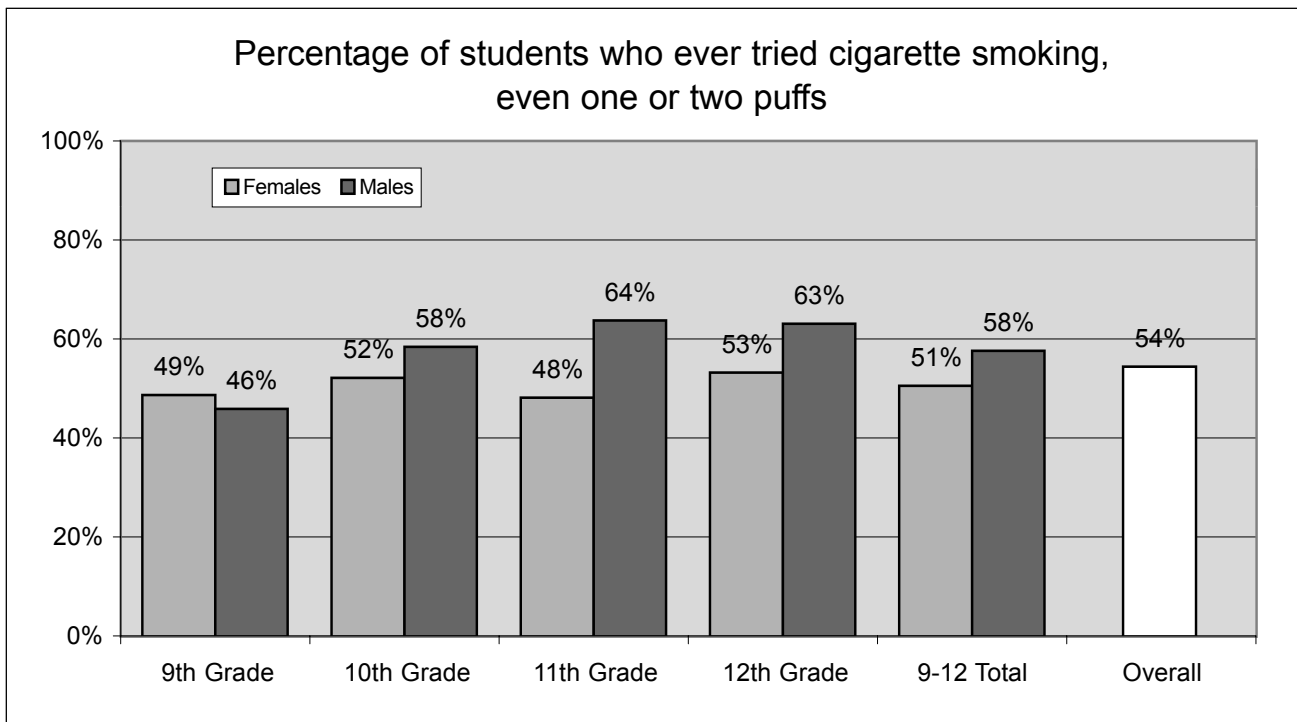
Tobacco use is considered the chief preventable cause of death in the United States with over 20% of all deaths attributed to tobacco use.^{13,14}

Cigarette smoking is responsible for heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. In addition, there is evidence that cigarette smokers are more likely to drink alcohol and use marijuana and cocaine as compared to non-smokers.¹³ If current patterns of smoking behavior persist, an estimated 5 million U.S. persons who were aged 0 to 17 years in 1995 could die prematurely from smoking-related illnesses.¹⁵ Tobacco use questions on the YRBS measured smoking experimentation, current smoking patterns, age of initiation, adherence to Federal regulations regarding sale of cigarettes, smoking on school property and attempts to quit smoking.

Tobacco Use in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- One in five Idaho students smoked a cigarette for the first time before age 13 (Q27)
- By the 12th grade, over half of all male and female students have tried cigarette smoking (Q26)
- 22% of male and 17% of female high school students smoked a cigarette for the first time before age 13 (Q27)
- In general, Idaho's high school males were more likely to have tried cigarette smoking than females (Q26)
- Nearly a quarter of Idaho high school students used tobacco (in some form) during the previous 30 days (Q28, Q39, Q41)



HP 2010 Goal 27-02a: **Current tobacco use**
 Reduce use of any tobacco products in the past month by adolescents to 21%
 Idaho 2001 Baseline: 23%

Tobacco Use

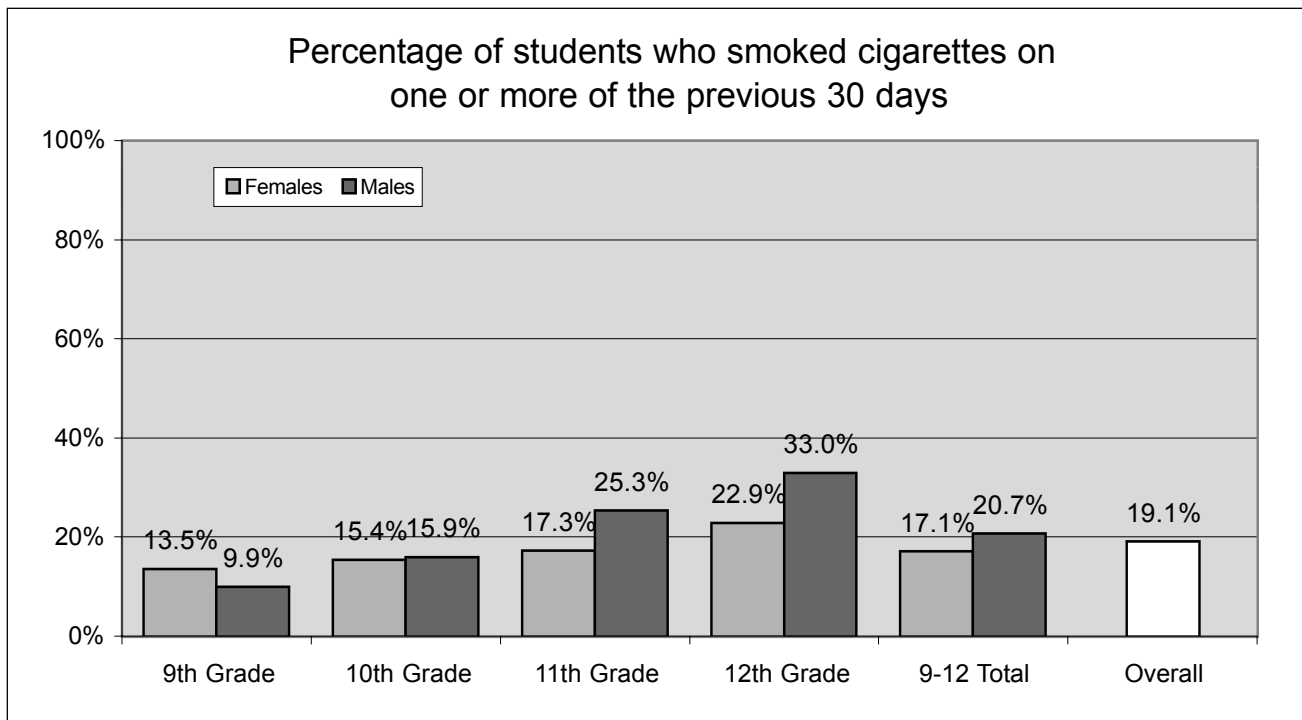
If the trend in early initiation of cigarette smoking continues, approximately 5 million children aged 18 years and younger who are living today will die prematurely because they began to smoke cigarettes during adolescence.¹⁶ In Idaho, 40% of all high school students have smoked at least one cigarette during their lifetime and 30% live with someone who smokes cigarettes.

Although traditionally lower than the national smoking rate (35% in 1999), 19% of Idaho's high school students are current smokers, and 9% smoked on 20 or more of the previous 30 days. Smoking rates among Idaho male and female students are similar, however 12th grade students are nearly three times more likely to have smoked during the previous month than the 9th grade students.

Tobacco Use in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- One in five high school students smoked cigarettes on one or more of the past 30 days (Q28)
- Approximately one in ten 9th grade students smoked during the past 30 days (Q28)
- 9% of Idaho's high school students (grades 9-12) smoked on 20 or more of the past 30 days (Q29)
- 33% of 12th grade males and 23% of 12th grade females have smoked during the past 30 days (Q28)
- 17% of 12th grade males and 9% of 12th grade females smoked on 20 or more of the past 30 days (Q29)
- 12th grade students were twice as likely to have smoked on 20 or more of the past 30 days than those students in the 9th grade (Q29)



HP 2010 Goal 27-02b: **Cigarette use**
 Reduce use of cigarettes in the past month by adolescents to 16%
 Idaho 2001 Baseline: 19%

Tobacco Use

According to the *U.S. Surgeon General's Report on Reducing Tobacco Use*, implementing effective educational programs for preventing tobacco use could postpone or prevent smoking onset in 20% to 40% of U.S. adolescents.¹³ Although 86% of Idaho teens have been told by their parents not to smoke cigarettes, 23% think they will smoke a cigarette at some time during the next year and 9% of all high school students think they will be smoking cigarettes five years from now.

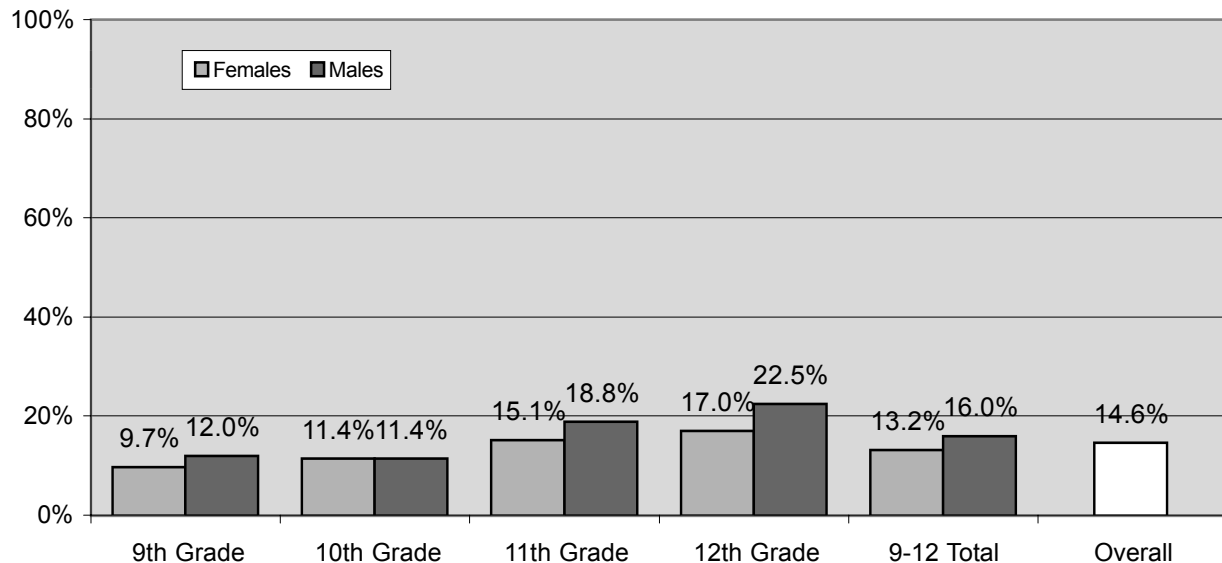
Environmental tobacco smoke (ETS) is estimated to cause 3,000 lung cancer deaths and as many as 62,000 coronary heart disease deaths each year in the United States.¹⁷ More than half of Idaho's high school students were exposed to environmental tobacco smoke during the week prior to completing the survey.

Tobacco Use in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- 23% of 12th grade males and 17% of 12th grade females have smoked at least one cigarette every day for 30 days at some point in his or her lifetime (Q34)
- Nearly one in four 12th grade males has smoked cigarettes daily (Q34)
- 12th grade students were four times as likely as younger students to smoke more than 10 cigarettes per day on days that they smoked during the previous month (Q30)
- One in ten 12th grade males smoked a cigarette on school property during the previous 30 days (Q33)
- 60% of all students who were considered current smokers tried to quit smoking at least once during the previous year (Q35)

Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days



HP 2010 Goal 27-07: **Current tobacco use**

Increase tobacco use cessation attempts by adolescent smokers to 84%

Idaho 2001 Baseline: 60%

Tobacco Use

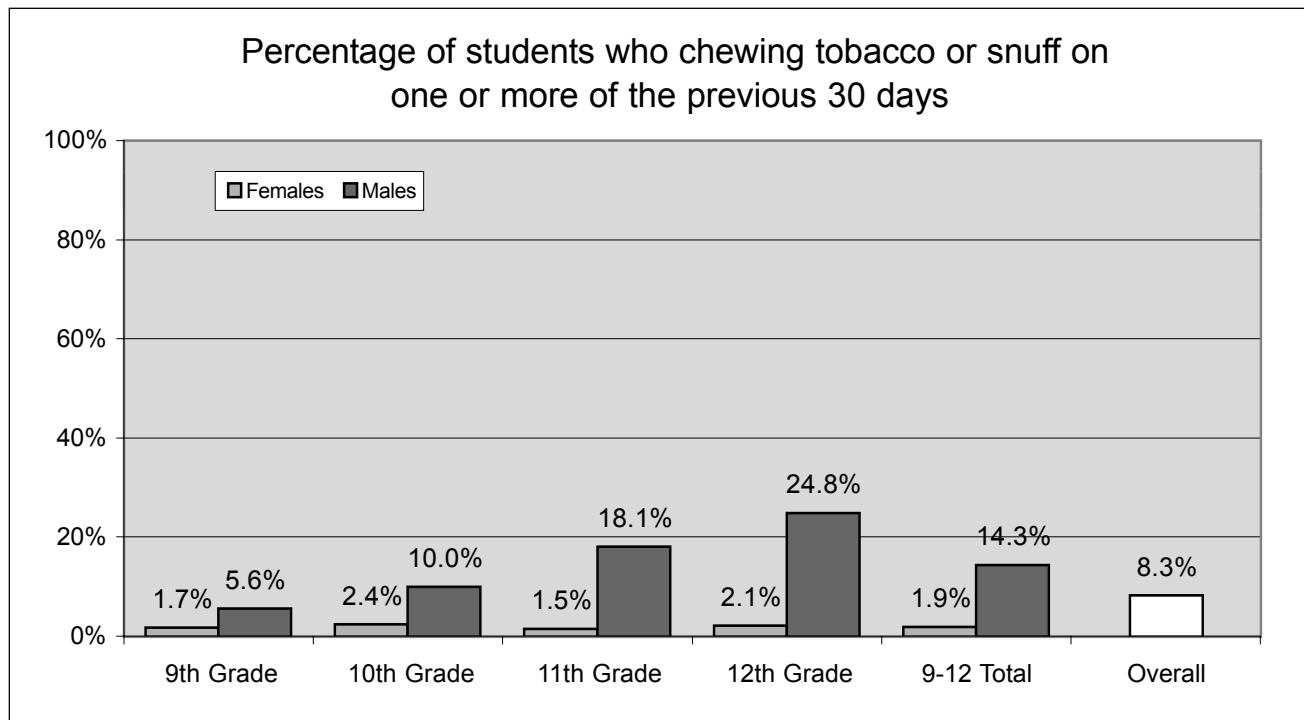
Smokeless tobacco use primarily begins in early adolescence. In the United States between 1970 and 1986, the prevalence of chewing tobacco use increased four times among males aged 17 to 19.^{18,13} Research has shown that oral cancer occurs more frequently among chewing tobacco users than nonusers and may be 50 times as frequent among long-term snuff users.¹⁹ Eight percent of high school students in Idaho used chewing tobacco in the previous month and 8% of all male students used chewing tobacco on school property during the same time period.

Despite the health effects associated with cigar smoking, total cigar consumption in the United States was approximately 5.3 billion cigars in 1998.²⁰ The 2001 YRBS measured cigar use and found that 11% of Idaho's high school students smoked a cigar, or cigarillo in the previous month.

Tobacco Use

More detailed tables for each question (Q) can be found in the appendix.

- Nearly 15% of all high school males used chewing tobacco during the previous 30 days (Q39)
- 12th grade males were nearly five times as likely as 9th grade males to have used chewing tobacco in the previous month (Q39)
- One in ten students smoked a cigar or cigarillo in the previous 30 days (Q41)
- Male students were 4 times as likely as females to have smoked a cigar in the previous month (Q41)
- 12th grade students were more than twice as likely as 9th grade students to have used any form of tobacco in the previous month (Q28, Q39, Q41)



HP 2010 Goal 27-02c: **Smokeless tobacco use**
 Reduce use of chewing tobacco in the past month by adolescents to 9%
 Idaho 2001 Baseline: 8%

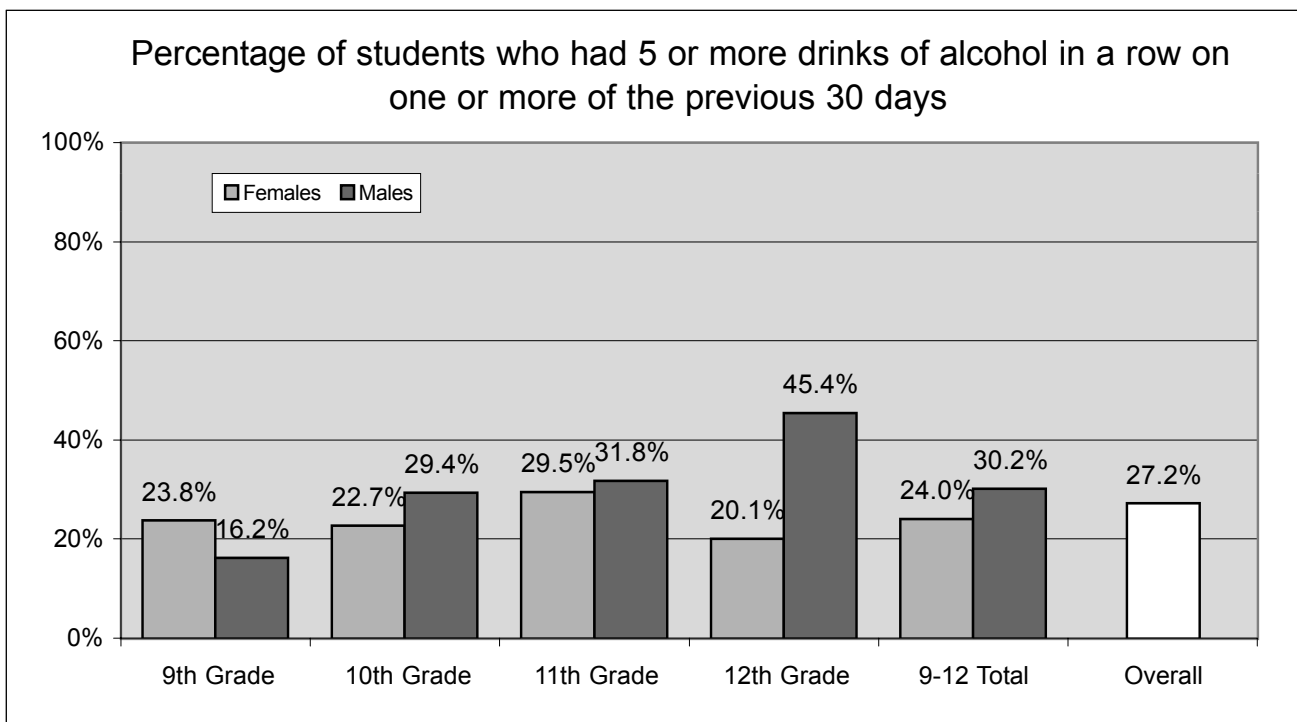
Alcohol and Other Drug Use

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes, which are the leading causes of death and disability among young people.²¹ Heavy drinking has been associated with an increased risk of marijuana use, multiple sexual partners, and poor academic performance.²² Several YRBS questions were developed to measure frequency of alcohol use, age of initiation, heavy drinking, and drinking on school property. In Idaho, 40% of high school students drank alcohol in the previous 30 days and 28% had their first drink of alcohol before age 13. Over one-fourth of Idaho's students engaged in binge drinking (defined as having five or more drinks in a row) during the month prior to completing the survey.

Alcohol and Other Drug Use in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- One in four Idaho high school students had their first drink of alcohol (other than a few sips) before the age of 13 (Q47)
- 9th grade students were twice as likely as 12th grade students to have had their first drink of alcohol before age 13 (Q47)
- 53% of 12th grade males and 35% of 12th grade females had at least one drink of alcohol on one or more of the previous 30 days (Q48)
- 45% of 12th grade males had five or more drinks of alcohol in a row, on one or more occasions during the previous 30 days (Q49)



HP 2010 Goal 26-11d: **Alcohol use**

Reduce the proportion of adolescents engaging in binge drinking during the previous month
Idaho 2001 Baseline: 27%

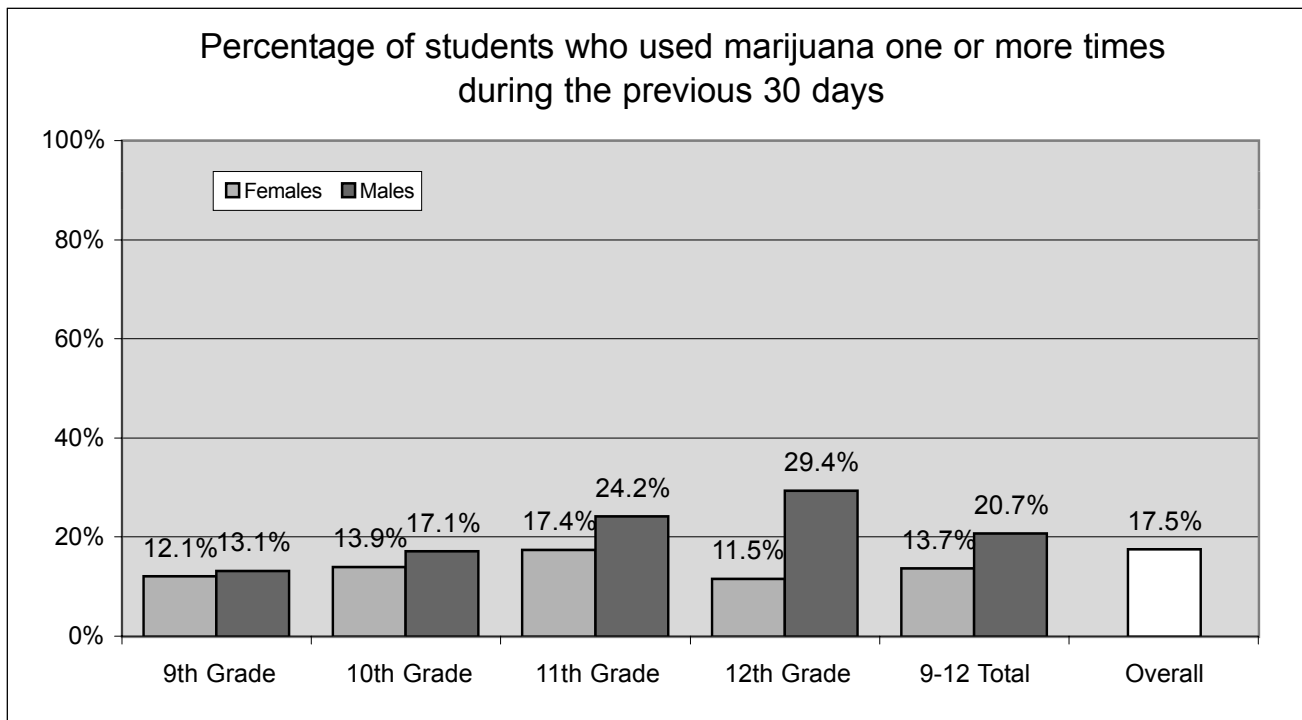
Alcohol and Other Drug Use

In the past 20 years, the use of marijuana has increased 30-fold; and it is estimated that more than a quarter of the American population has used it.²⁵ Although marijuana is an illegal substance, 18% of Idaho's high school students smoked marijuana during the previous month, and 35% have smoked it at least once in their lives. This compares nationally, where one-fourth of all high school students smoked marijuana in the previous month and almost half of all students have tried marijuana.²⁴ Despite improvements in recent years, drug use is greater among high school students and other young adults in the U.S. than in any other industrialized nation in the world.²³

Alcohol and Other Drug Use in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- One in three Idaho high school students has used marijuana one or more times during his or her life (Q51)
- 11% of male students and 6% of female students tried marijuana for their first time before the age of 13 (Q52)
- 12th grade males were twice as likely as 9th grade males to have used marijuana in the past month (Q53)
- 5% of Idaho high school students used marijuana on school property during the previous month (Q54)
- Idaho males (38%) were slightly more likely to have used marijuana than females (31%) (Q51)



HP 2010 Goal 26-10b: **Marijuana use**
 Reduce the proportion of adolescents reporting use of marijuana during the previous month
 Idaho 2001 Baseline: 18%

Alcohol and Other Drug Use

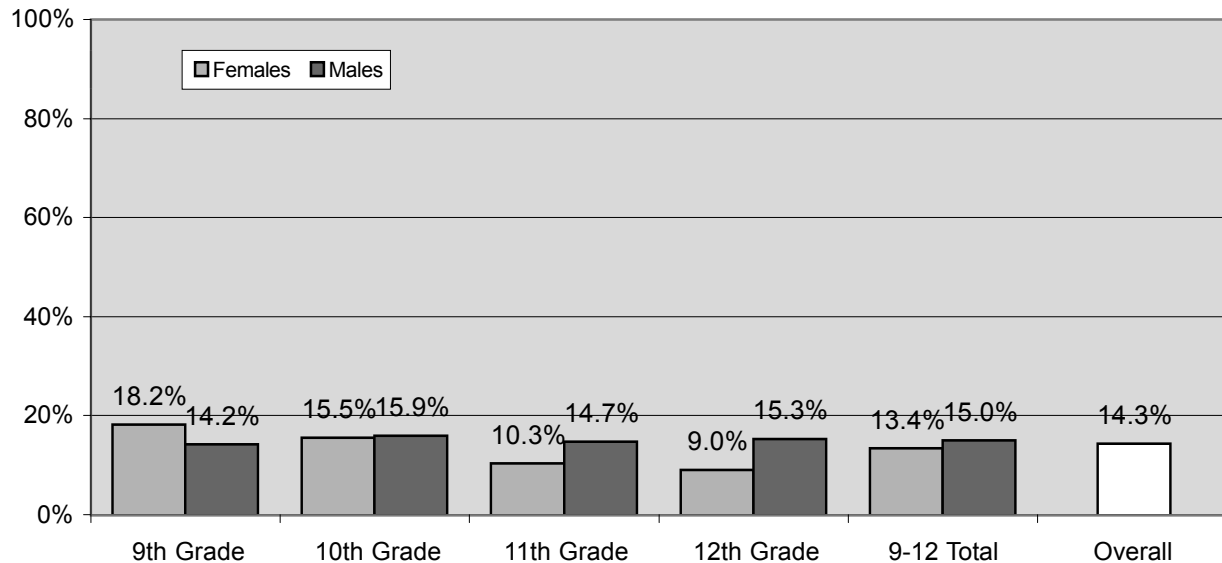
2001 Idaho YRBS drug related questions measured the frequency of cocaine, inhalant (like paint or other aerosols), heroin, methamphetamine, hallucinogen, steroid, and injected drug use. In addition to morbidity and mortality due to injury, drug abuse is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases, including HIV. Seven percent of Idaho students have tried cocaine and 3% used it in the month prior to completing the survey. Huffing substances to get high has been done by 14% of Idaho's students at least once in his or her lifetime and 4% of them huffed at least once in the previous month. Although relatively infrequent, 3% of Idaho students have used heroin, and 2% of students have used a needle to inject an illegal drug into their body at least once in their lives.

Alcohol and Other Drug Use in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- 14% of Idaho's Hispanic high school students (compared to 7% of all high school students) have used cocaine one or more times during his or her lifetime (Q55)
- 9% of 12th grade students have used some form of cocaine during their lives (Q55)
- One in six 9th grade students has sniffed glue, breathed the contents of aerosol spray cans, or inhaled paint or sprays to get high one or more times in his or her life (Q57)
- 4% of Idaho high school students sniffed glue or inhaled paint or sprays to get high during the previous 30 days (Q58)

Percentage of students who inhaled any glue, paints or aerosol sprays to get high one or more times during their life



HP 2010 Goal 26-9c: **Alcohol use**

Increase the proportion of high school seniors who have never used alcohol

Idaho 2001 Baseline: 26%

Alcohol and Other Drug Use

Methamphetamine (also known as "speed," "crystal," "crank," "go," and "ice") is the most widely illegally manufactured, distributed, and abused type of amphetamine. An estimated 4 million persons in the United States have abused methamphetamine at least once during his or her lifetime.²⁸

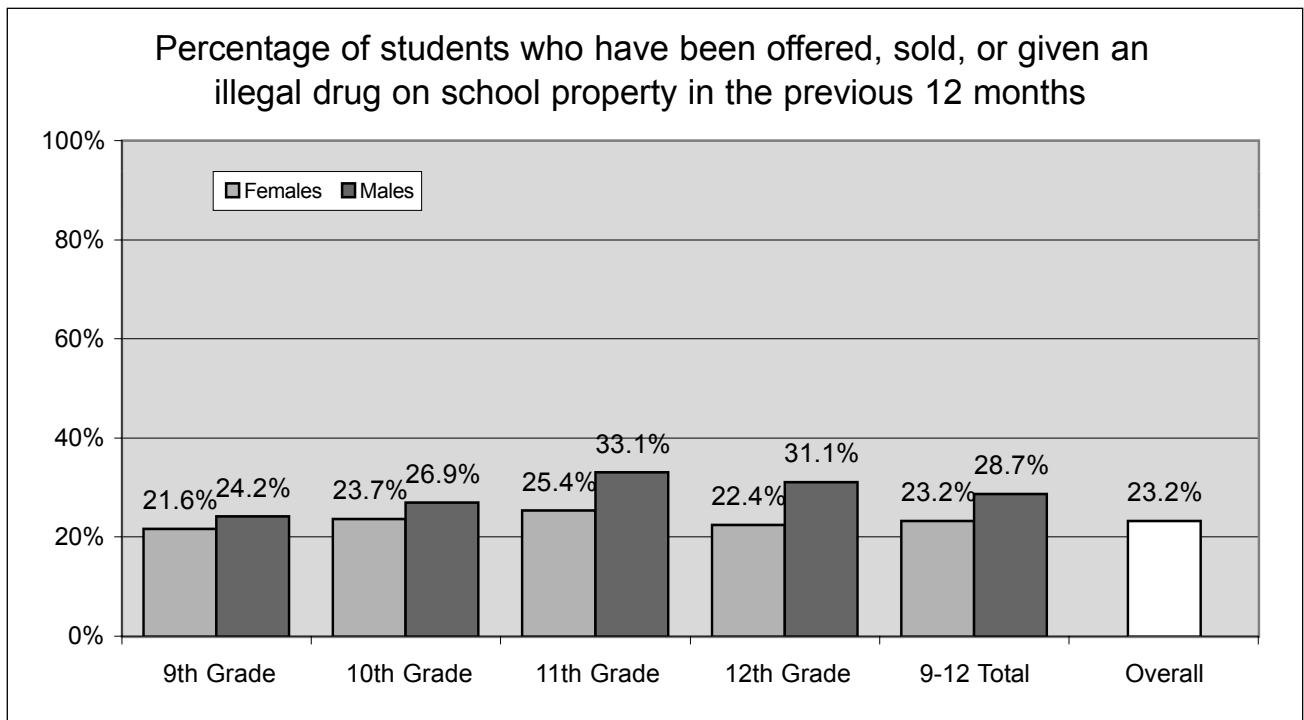
Methamphetamine use is also a problem among Idaho teens as 7% of all high school students have tried it at least once.

Four percent of Idaho high school students have taken steroid pills or shots during their lifetimes. Male students (5%) were more than twice as likely as female students (2%) to have used steroids without a doctor's prescription.

Alcohol and Other Drug Use in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- 4% of high school males and 2% of high school females have used heroin at least once in their lifetime (Q59)
- Nearly one in ten high school seniors has used methamphetamines one or more times in his or her lifetime (Q60)
- Roughly one in four Idaho high school students were offered, sold, or given an illegal drug on school property during the previous month (Q63)



HP 2010 Goal 26-9d: **Illicit drug use**
 Increase the proportion of high school seniors who have never used illicit drugs
 Idaho 2001 Baseline: 53%

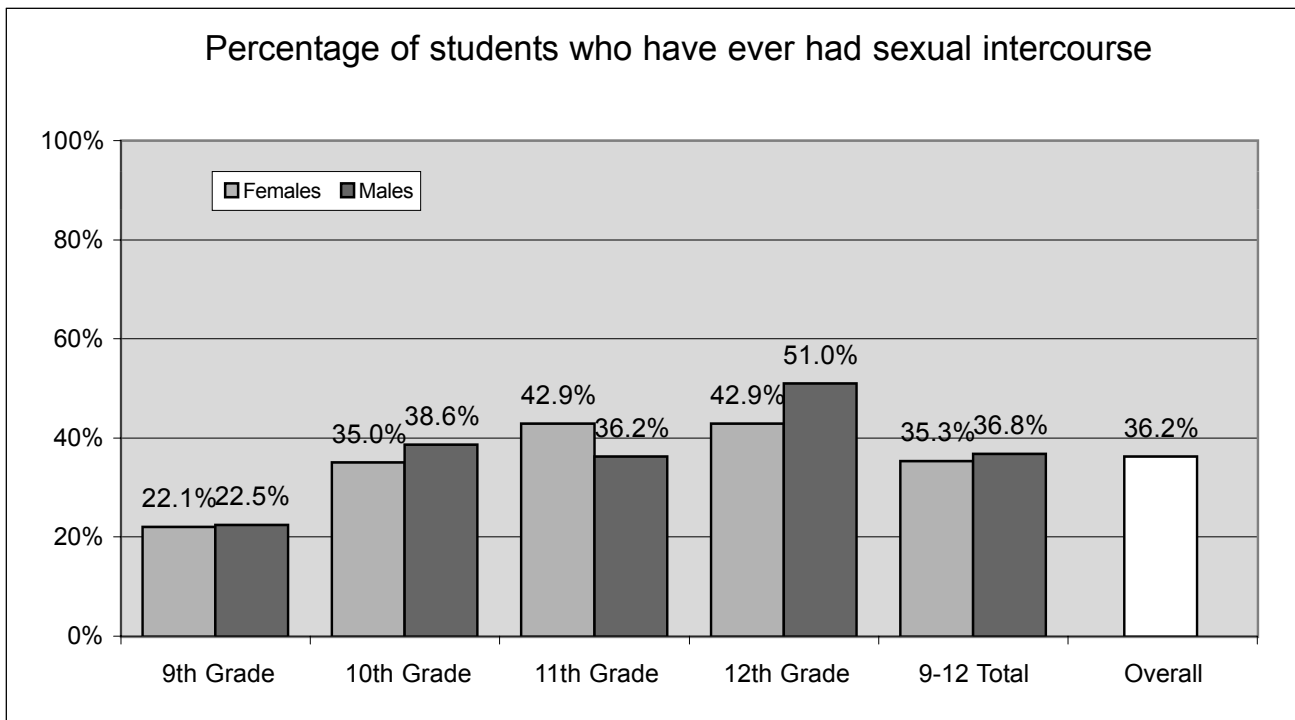
Sexual Behavior

The 2001 Idaho YRBS included sexual behavior questions that measured the prevalence of sexual activity, age at first intercourse, and whether students have received HIV education. In 1995 almost one million teenage girls in the United States became pregnant and just over 243,000 teenagers obtained an abortion.³⁷ In Idaho, there were 1,495 out-of-wedlock births and 385 abortions among women aged 15 to 19 in 1999.⁸ Early sexual activity is associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection, and negative effects on social and psychological development.³³ While 64% of Idaho students abstained from having sex, 36% have had sexual intercourse. Five percent of those students had sex for the first time before the age of 13.

Sexual Behavior in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- 23% of 9th grade students have had sexual intercourse (Q64)
- Half of all 12th grade males and 43% of 12th grade females have had sexual intercourse (Q64)
- 9th grade students (7%) were twice as likely as 12th grade students (3%) to have had sexual intercourse for the first time before the age of 13 (Q65)
- 6% of high school males had sexual intercourse for the first time before the age of 13 (Q65)



HP 2010 Goal 25-11d: **Sexual intercourse**

Increase the proportion of adolescents that abstain from ever having sexual intercourse

Idaho 2001 Baseline: 64%

Sexual Behavior

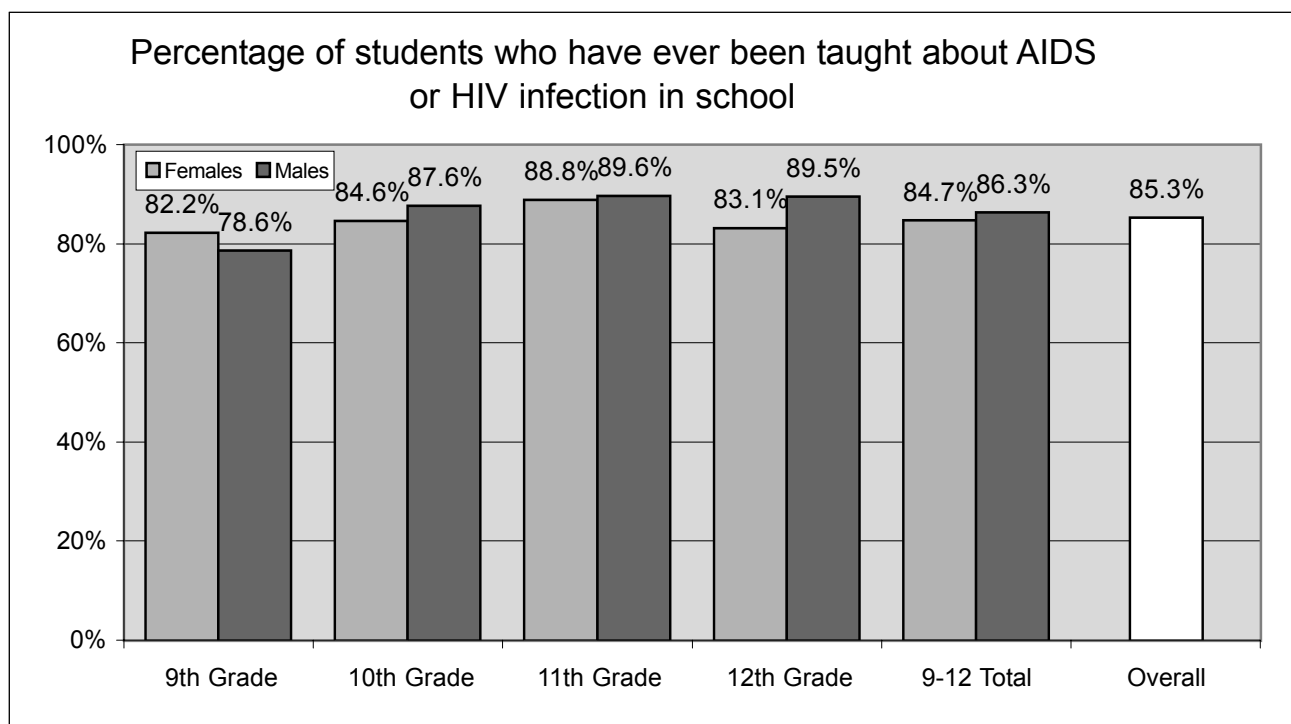
Though it is no longer ranked among the leading causes of death in the United States, HIV infection still ranks fifth among 25-44 year-olds.²⁹

Nationally, the rate of high school students that have received education in school about AIDS and HIV infection is roughly 90%.²⁴ In Idaho, 85% of all high school students have been taught about AIDS or HIV infection and 80% of all 9th grade students say they have received some education about AIDS or HIV infection in school.

Sexual Behavior in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- 85% of all Idaho students have been taught about AIDS or HIV infection in school (Q89)
- By the 12th grade 90% of male students and 85% of female students have been educated on AIDS or HIV infection (Q89)
- 9th grade students were the least likely to have received information on AIDS or HIV infection in school (80%) (Q89)
- 73% of Hispanic students report being taught about AIDS or HIV infection in school (Q89)



HP 2010 Goal 7-2g: HIV education

Increase the proportion of high schools that provide school health education to prevent unintended pregnancy, HIV/AIDS, and STD infection
Idaho 2001 Baseline: 85%

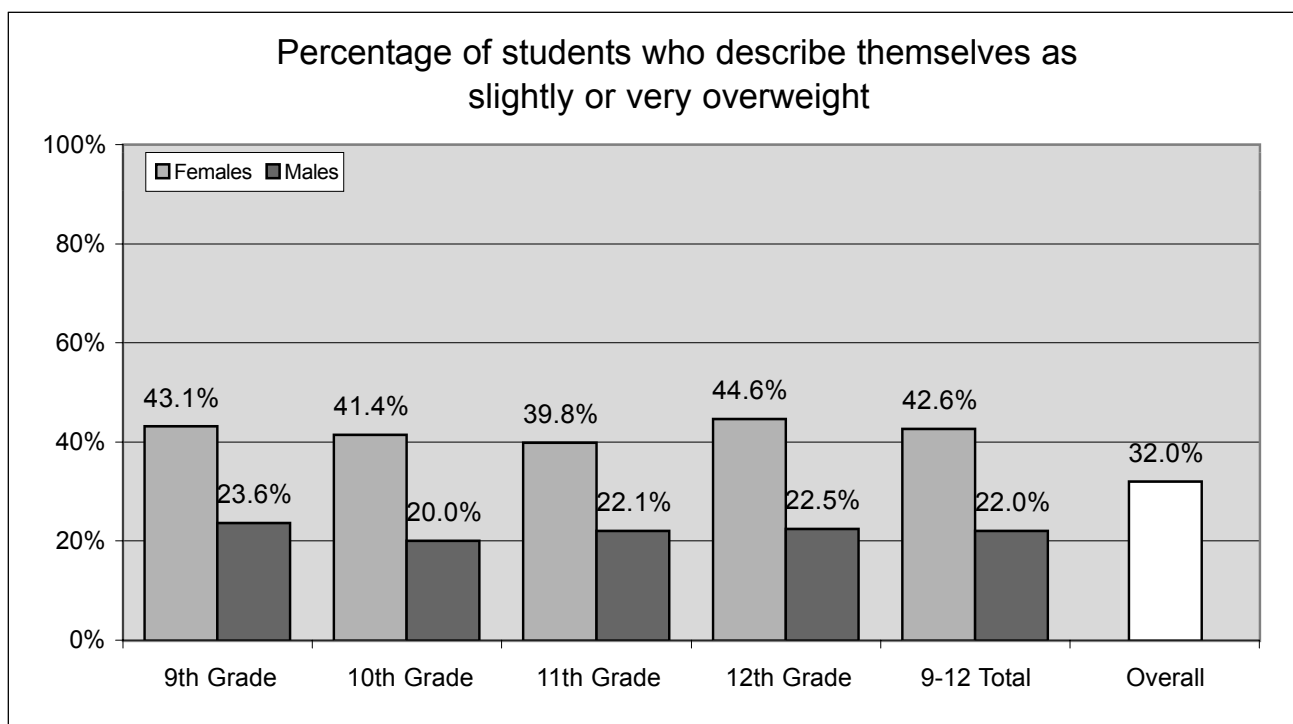
Dietary Behaviors

In adolescence, obesity is associated with hypertension, abnormal glucose tolerance, and adverse psychological and social consequences. In the long term, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁵⁶ The 2001 Idaho YRBS dietary behavior questions measure self-reported height and weight, self-perception of body weight status, and specific weight control behaviors, fruit and vegetable consumption and participation in physical activity. According to self reported height and weight measurements, 7% of Idaho high school students were overweight. However, 60% of female high school students have attempted to lose weight and one in ten females were engaged in disordered eating behavior.

Dietary Behaviors in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- One in ten Idaho high school students is at risk of becoming overweight (*based on BMI calculation, see page 19*)
- Female students are nearly twice as likely as male students to describe themselves as being overweight (Q66)
- Over 60% of female high school students were trying to lose weight (Q67)
- Among female students trying to lose weight; 10% went without eating for 24 hours, 10% took diet drugs, and 8% vomited or took laxatives (Q70, Q72)
- Overall, 60% of students had exercised during the previous 30 days in order to keep from gaining weight (Q68)



HP 2010 Goal 19-3: **Overweight**
 Reduce the proportion of overweight or obese adolescents to 5%
 Idaho 2001 Baseline: 7%

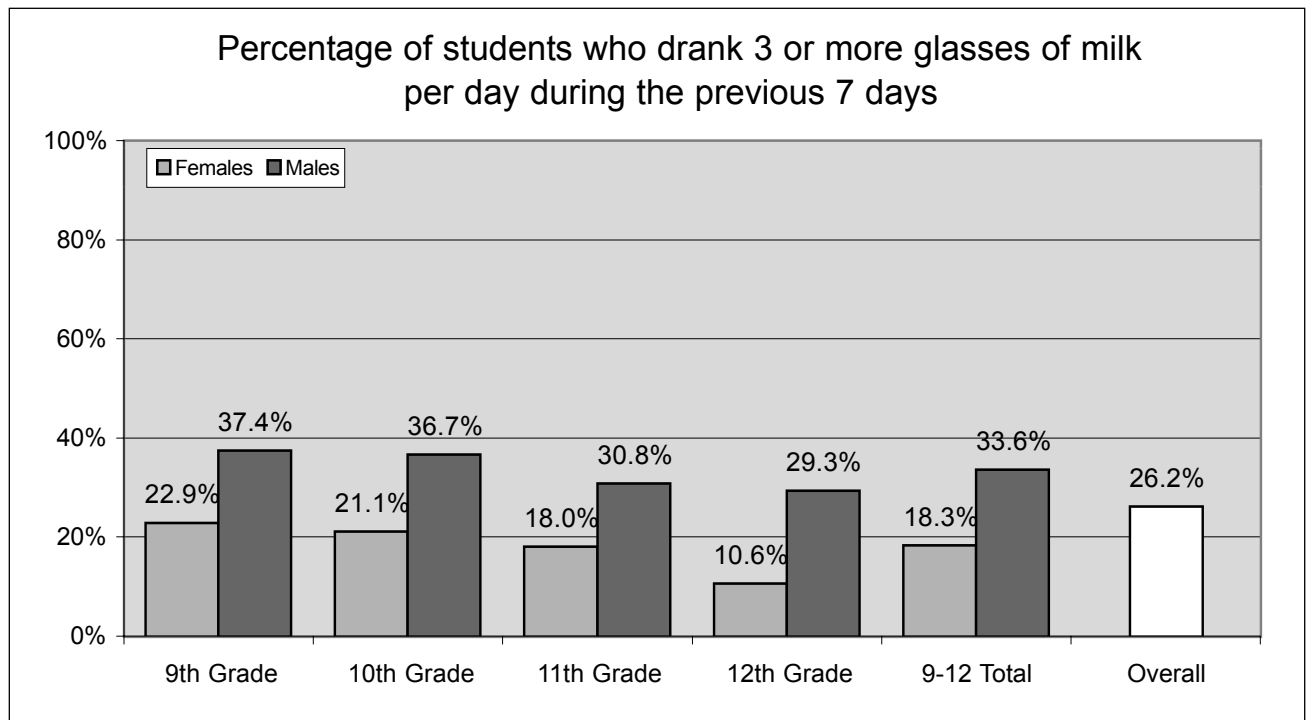
Dietary Behaviors

Americans currently consume more than 36% of their calories from fat.³⁰ Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.³¹ YRBS dietary behavior questions measured fruit and vegetable consumption along with the consumption of milk. During the week prior to the survey, 18% of all students had five or more servings of fruits and vegetables per day. Three-fourths of Idaho students ate a green salad on one or more times during the previous week, and 83% drank 100% fruit juice on one or more occasions during the same time period. While the recommended number of servings of milk is three to four glasses per day, only 26% of students were drinking three or more glasses of milk per day.

Dietary Behaviors in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- Female students (78%) were more likely than male students (72%) to have eaten a green salad on one or more occasions during the previous week (Q75)
- Overall, 34% of Idaho's students drank soda pop one or more times a day during the previous 7 days (Q80)
- In all, one in four students bought their lunch from a vending machine on at least one day during the previous week (Q81)
- 23% of 9th grade females drank 3 or more glasses of milk per day compared to 11% of 12th grade females (Q79)
- Male students were nearly twice as likely to drink three or more glasses of milk per day than female students (Q79)



The Idaho YRBS uses self-reported weight and height to calculate the Body Mass Index (BMI), defined as weight in kilograms divided by the square of height in meters. Students are considered to be at risk of becoming overweight if they have a BMI greater than the 85th percentile but less than the 95th percentile. Overweight students are defined as those with a BMI greater than the 95th percentile.

Physical Activity

Physical activity helps build and maintain healthy bones and muscles; control weight, build lean muscle, and reduce fat; and reduce feelings of depression and anxiety and promote psychological well-being.³² National statistics indicate that nearly half of young people aged 12 to 21 do not engage in vigorous physical activity on a regular basis.³³

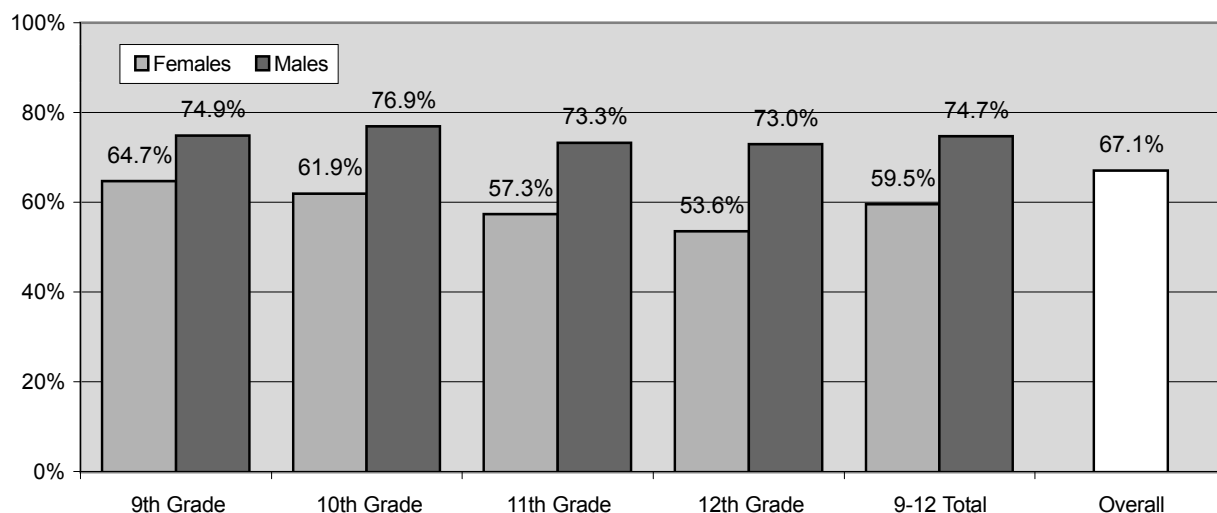
Idaho's YRBS questions measured participation in physical activity, physical education classes, sports teams, and television watching. In Idaho, 67% of all high school students reported they exercised or participated in physical activities (that made them sweat and breathe hard) for at least 20 minutes on 3 or more of the previous 7 days. However, 8% of Idaho's high school students did not participate in any vigorous or moderate physical activity during the previous 7 days.

Physical Activity in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- Male students (75%) were significantly more likely than female students (59%) to participate in physical activity for at least 20 minutes on 3 or more of the previous 7 days (Q82)
- 12th grade females (11%) were more likely than 9th grade females (4%) to have not participated in any vigorous or moderate physical activity during the previous week (Q82)
- Hispanic students were most likely to NOT have participated in any vigorous or moderate physical activity during the previous 7 days (13%) (Q82, Q83)
- Over half of all students did exercises to strengthen or tone their muscles on three or more of the previous 7 days (Q84)

Percentage of students who exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the previous 7 days



HP 2010 Goal 22-11: **Vigorous and moderate physical activity**

Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more times per week for 20 or more minutes per occasion to 85%
Idaho 2001 Baseline: 67%

Physical Activity

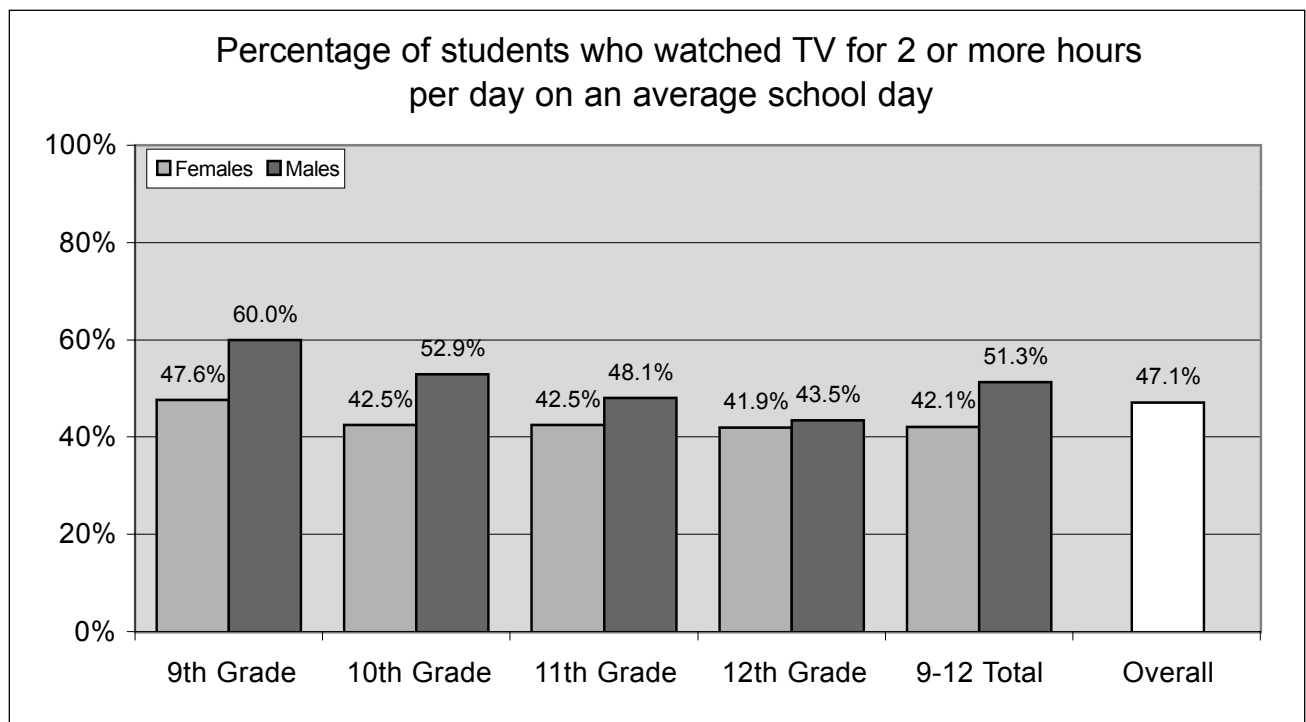
Physical inactivity increases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.³⁴ In Idaho high schools, 30% of all students attended physical education (PE) class daily, and 62% played on one or more sports teams during the previous year.

Television viewing is the principal sedentary leisure time behavior in the U.S. and studies have shown that television viewing in young people is related to obesity and violent or aggressive behavior.^{35,36,37} Idaho's 9th grade students (54%) were significantly more likely than 12th grade students (43%) to watch two or more hours of TV on an average school day. Male students (51%) were also significantly more likely than female students (42%) to have watched two or more hours of TV on an average school day.

Physical Activity in Idaho

More detailed tables for each question (Q) can be found in the appendix.

- Among students enrolled in PE, 90% indicated they exercised or played sports for more than 20 minutes during the average class (Q87)
- Male students (35%) were more likely than female students (26%) to attend PE class daily (Q86)
- Male students (66%) were significantly more likely than female students (57%) to have played on one or more sports teams during the previous year (Q88)
- Overall, 47% of all students and 61% of Hispanic students watched two or more hours of TV on the average school day (Q85)



HP 2010 Goal 22-11: **Watching television**

Decrease the proportion of adolescents who view television 2 or more hours per day to 25%
Idaho 2001 Baseline: 47%

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**2000 SCHOOL
HEALTH EDUCATION
PROFILE SURVEY
RESULTS**

2000 Idaho Department of Education School Health Education Profile Survey Results

About the School Health Education Profile

The School Health Education Profile Survey (SHEPS) principal and lead health education teacher questionnaires were developed by the Division of Adolescent and School Health (DASH), the National Center for Chronic Disease Prevention and Health Promotion, the Centers for Disease Control and Prevention (CDC) in collaboration with representatives of 75 state, local, and territorial departments of education. These questionnaires can be used to monitor the current status of school health education, including education to prevent HIV infection, sexually transmitted diseases, and other important health problems, at the middle/junior high school and senior high school levels.

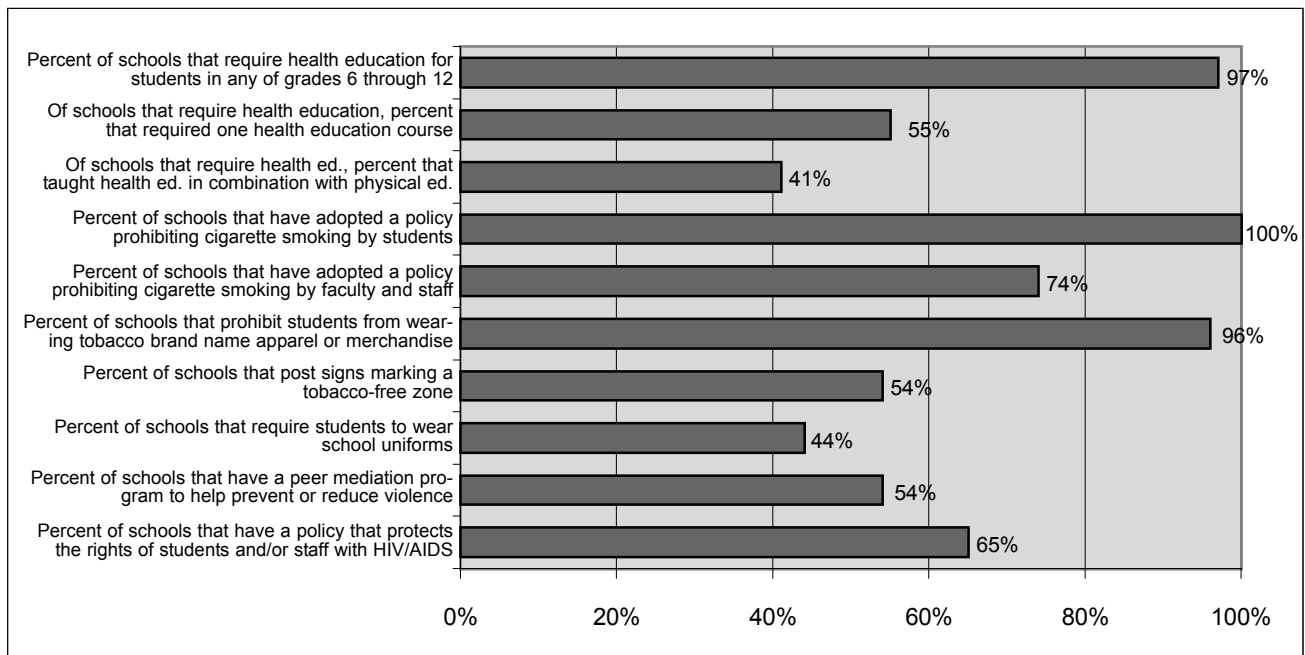
Executive Summary

The School Health Education Profile includes two questionnaires, one for school principals and one for lead health education teachers. The principal's questionnaire looks at health education from an instructional perspective. These two questionnaires were mailed to all regular secondary public schools containing any of grades 6 through 12 in Idaho during the spring of 2000. Usable questionnaires were received from 215 principals and from 202 teachers (for response rates of 89% and 84% respectively).

The principals and lead health education teachers who responded are representative of secondary schools in Idaho. A more complete breakdown of the results of the survey can be obtained from the Idaho Department of Education. The complete report has results broken down into the following categories: (1) overall results, (2) middle school results with a high grade of 9 or less, (3) junior-senior high schools results for schools with a low grade of 9 or higher and a high grade of 10 or higher, and (4) senior high school results for schools with a low grade of 9 or higher and a high grade of 10 or higher. The categories are derived from the sampling frame. The findings can be used to develop policies and programs for school health education. The results presented in this report are overall results (weighted) of both the principal and lead health education teacher surveys.

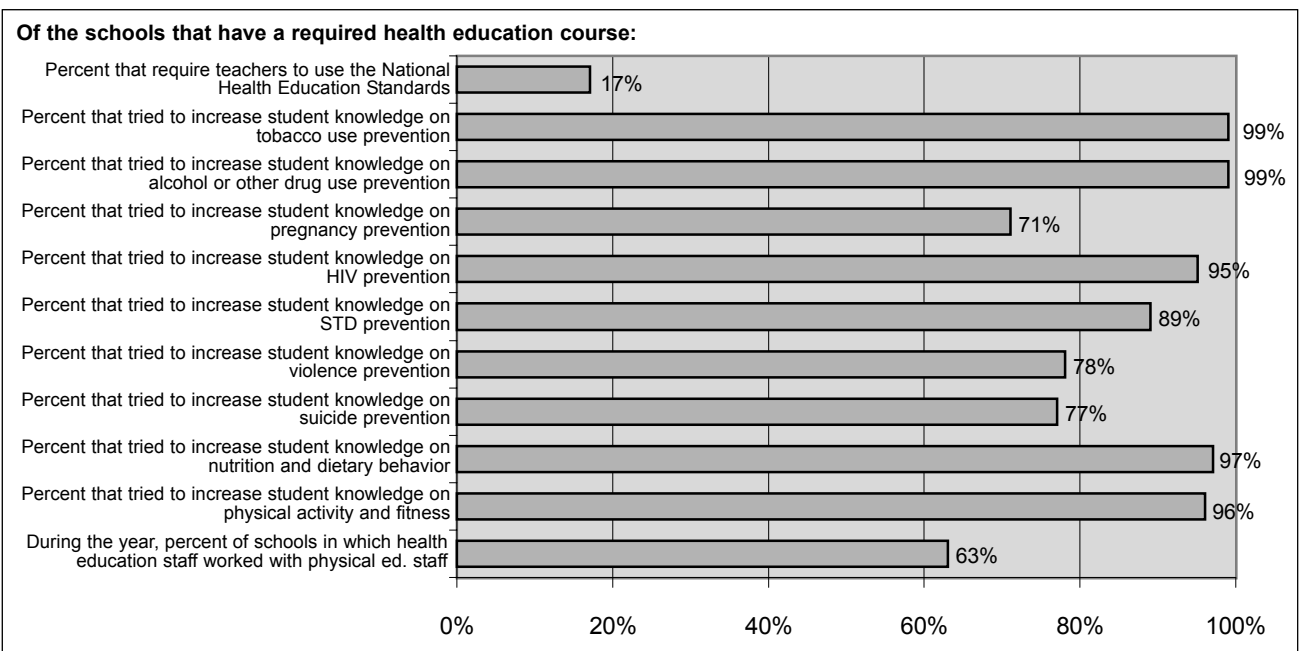
School Principal Summary

2000 School Health Education Profile Survey



Lead Health Education Teacher Summary

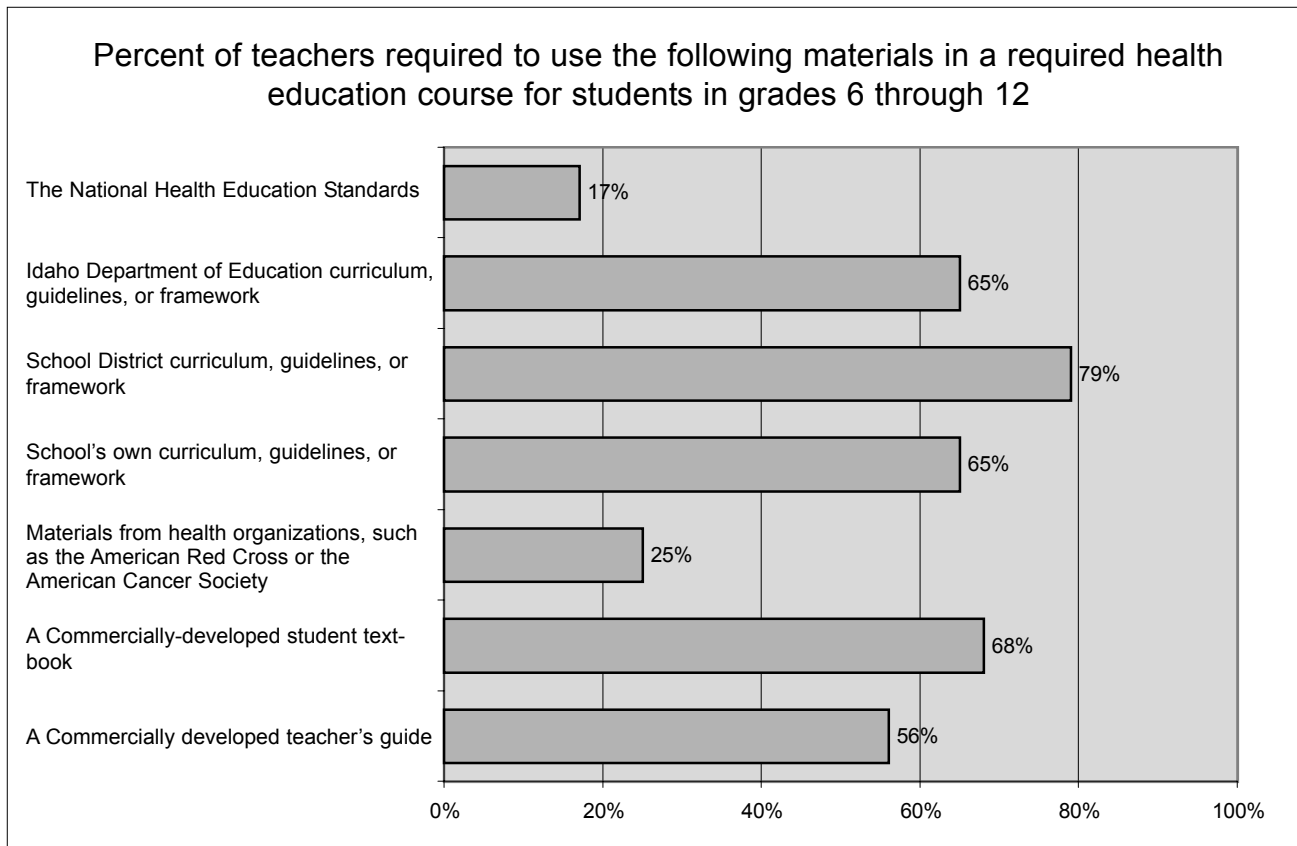
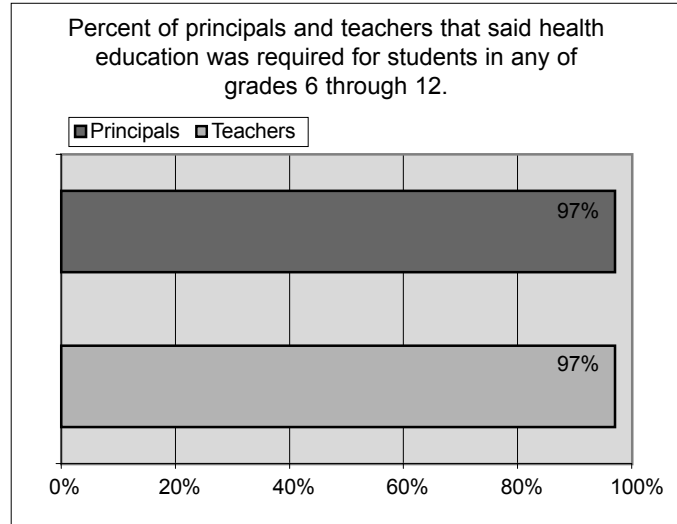
2000 School Health Education Profile Survey



School Health Education Requirements

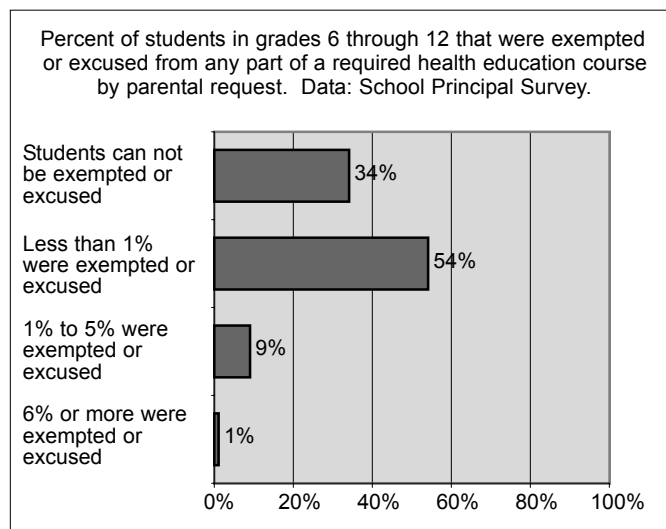
In Idaho, 97% of school principals and health education teachers indicated that a health education course was required in at least one of grades 6 through 12.

Teachers were asked about specific materials used to teach health education courses. The most prevalently required materials used by teachers are the individual school district's curriculum, guidelines or framework (79%) while the National Health Education Standards (17%) and materials from health organizations like American Red Cross or the American Cancer Society (25%) are the least required. The table below summarizes the types of materials teachers are required to use in teaching health education.



Principals were asked what percent of students in grades 6 through 12 were exempted or excused from any part of a required health education course by parental request. Thirty-four percent of principals surveyed indicated that a student could not be exempted from any part of a required health education course, 54% indicated that less than one percent were exempted, and nine percent said one to five percent of students were exempted.

Schools were surveyed about whether they had a health committee or advisory group that developed policies, coordinated activities, or seeks student and family involvement in programs that address health issues. According to the principals surveyed, 44% of Idaho schools or school districts have a committee or advisory group.



Health education teachers in Idaho indicated that they had tried to increase the level of knowledge on a variety of health issues in required health courses. With nearly all of the issues, 75% or more of teachers indicated that they had tried to improve knowledge among students.

During the school year, have teachers in this school tried to increase student knowledge on each of the following topics in a required health education course in any of grades 6 through 12?

Accident or injury prevention	85%
Alcohol or other drug use prevention	99%
Consumer health	78%
CPR (cardiopulmonary resuscitation)	73%
Death and dying	60%
Dental and oral health	70%
Emotional and mental health	97%
Environmental health	67%
First aid	80%
Growth and development	89%
HIV (human immunodeficiency virus) prevention	95%
Human sexuality	79%
Immunization and vaccinations	63%
Nutrition and dietary behavior	97%
Personal hygiene	83%
Physical activity and fitness	96%
Pregnancy prevention	71%
STD (sexually transmitted disease) prevention	89%
Suicide prevention	77%
Sun safety or skin cancer prevention	80%
Tobacco use prevention	99%
Violence prevention	78%

Health education teachers also taught a number of life skills to students enrolled in health education courses. The results are summarized in the table below. In nearly all cases, over 80% of health education teachers indicated that these skills were taught in a required health education course. The exceptions were: accessing valid health information, products, and services; advocating for personal, family, and community health; and analysis of media messages.

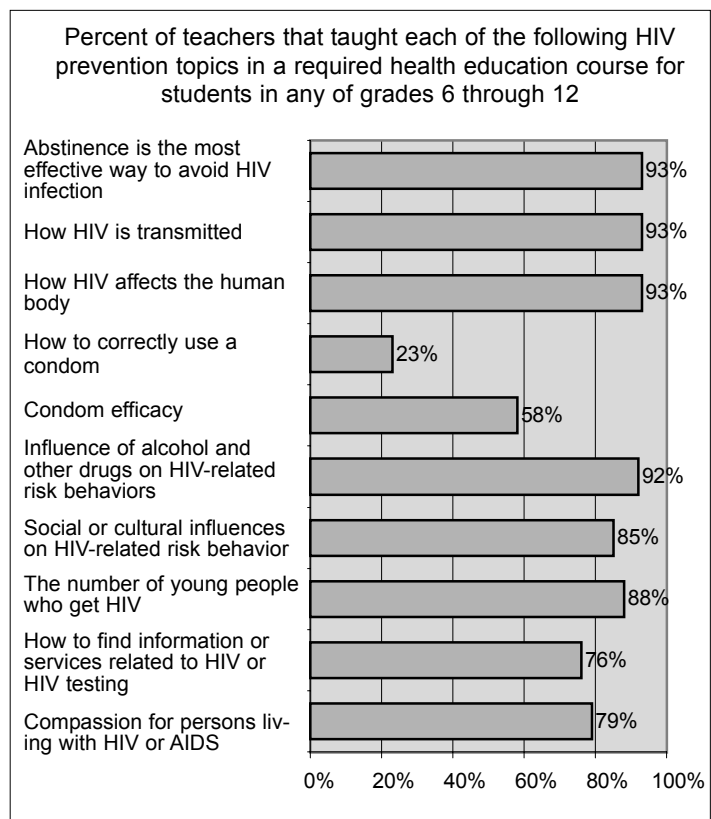
During the school year, have teachers in this school tried to improve each of the following student skills in a required health education course in any of grades 6 through 12?

Accessing valid health information, products, and services	79%
Advocating for personal, family, and community health	76%
Analysis of media messages	78%
Communication	91%
Decision making	98%
Goal setting	94%
Conflict resolution	85%
Resisting peer pressure for unhealthy behaviors	95%
Stress management	92%

AIDS/HIV Education

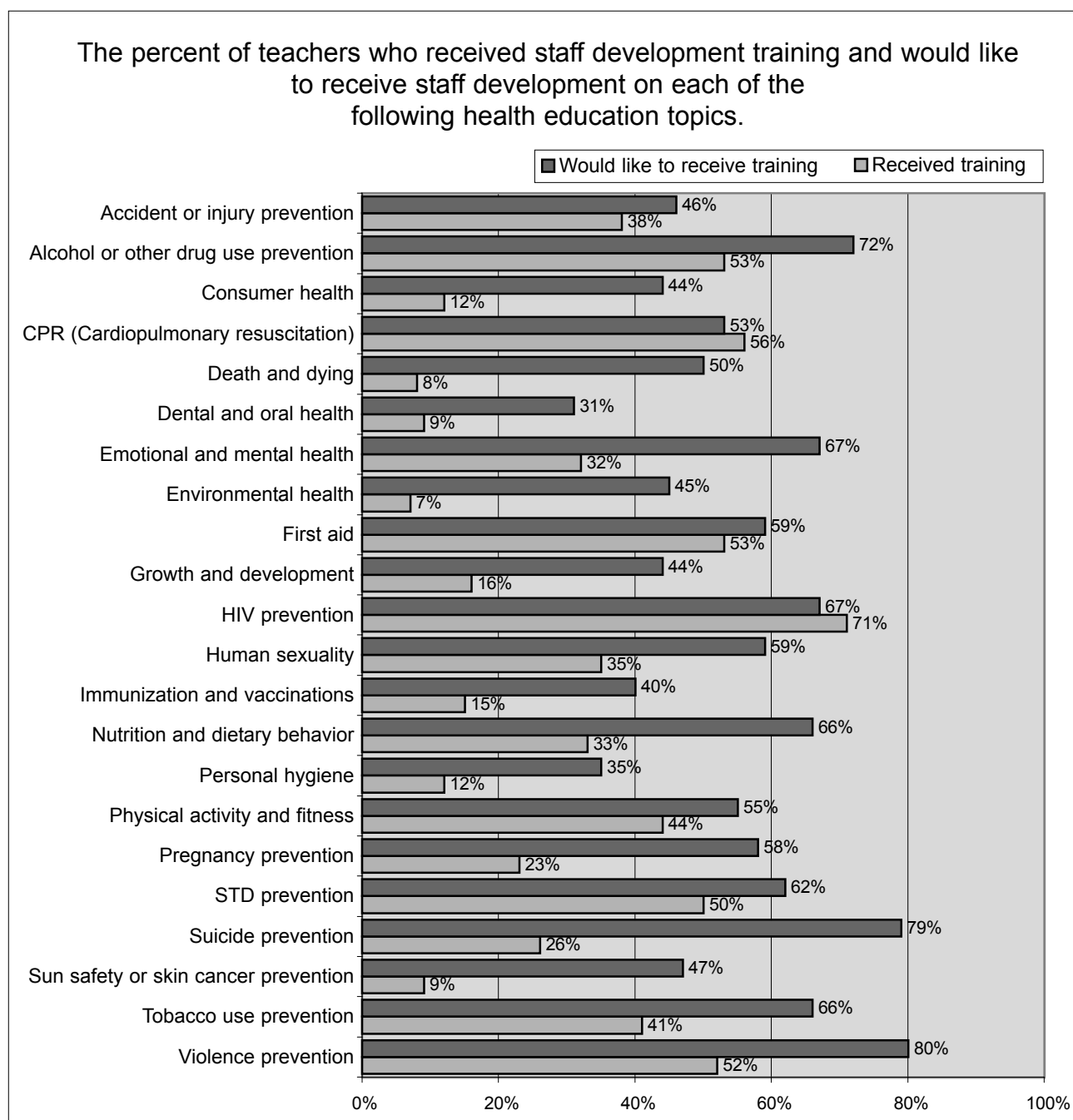
Seventy-five percent of principals indicated that their school has a written policy that protects the rights of students and/or staff with HIV infection/AIDS. Ninety-five percent of health education teachers indicated that they had personally taught about HIV infection/AIDS as part of a required health education course.

Health education teachers were also asked what HIV prevention topics they taught to students. The graph on the right summarizes the results of that survey question. Of those HIV infection topics covered by the survey, most are taught by at least 75% of health education teachers. The topics that were not taught by at least 75% of health education teachers include, how to correctly use a condom (23%), and condom efficacy (58%).



Health Education Staff Development

The graph below presents a summary of health education topics for which teachers have received staff development training and would like to receive additional training. In general, a greater proportion of teachers requested more training in a particular topic than those indicating that they had received training. The exceptions included requests to receive training on cardiopulmonary resuscitation (CPR) and HIV prevention.



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Appendix

2001 YRBS Questionnaire

The following tables highlight results of the Idaho YRBS questionnaire. Results are weighted. Results are not included where the sample size is less than 100 respondents. Where U.S. rates are available they have been included. U.S. results are from the 1999 National Youth Risk Behavior Survey. The results of the national survey can be viewed on the internet at: <http://www.cdc.gov/nccdphp/dash/yrbs/>.

Unintentional and Intentional Injury

Question 8: Of students who rode a motorcycle during the past 12 months, the percentage who never or rarely wore a motorcycle helmet

Grade	Total	Female	Male
9th	31.0%	-	28.2%
10th	33.5%	-	35.5%
11th	38.4%	-	38.6%
12th	46.2%	-	-
Idaho Overall	37.0%	34.3%	38.5%
U.S. Overall	38.0%	26.6%	44.5%

Question 9: Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet

Grade	Total	Female	Male
9th	85.1%	82.7%	87.0%
10th	86.6%	85.1%	87.8%
11th	83.1%	79.8%	85.9%
12th	86.3%	85.4%	87.0%
Idaho Overall	85.3%	83.3%	86.9%
U.S. Overall	85.3%	83.6%	86.7%

Question 10: Percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else

Grade	Total	Female	Male
9th	12.3%	11.2%	13.0%
10th	12.0%	11.0%	12.9%
11th	11.1%	5.6%	16.2%
12th	19.3%	8.3%	29.6%
Idaho Overall	13.6%	9.1%	17.6%
U.S. Overall	16.4%	11.9%	20.8%

Question 11: Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol

Grade	Total	Female	Male
9th	24.1%	25.5%	21.7%
10th	29.4%	29.7%	28.8%
11th	31.8%	29.8%	33.6%
12th	30.0%	23.7%	35.7%
Idaho Overall	28.7%	27.2%	29.7%
U.S. Overall	33.1%	31.7%	34.4%

Question 12: Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol

Grade	Total	Female	Male
9th	3.7%	2.3%	4.9%
10th	12.5%	9.7%	12.5%
11th	13.6%	10.6%	16.5%
12th	20.2%	13.5%	26.4%
Idaho Overall	12.3%	8.9%	15.6%
U.S Overall	13.1%	8.7%	17.4%

Question 13: Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	6.5%	2.3%	10.7%
10th	10.0%	5.6%	13.7%
11th	9.9%	1.9%	17.4%
12th	15.2%	71.0%	22.6%
Idaho Overall	10.3%	4.2%	15.9%
U.S Overall	17.3%	6.0%	28.6%

Question 14: Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school

Grade	Total	Female	Male
9th	6.0%	7.2%	4.0%
10th	5.3%	4.9%	5.7%
11th	5.1%	5.5%	4.8%
12th	3.8%	3.6%	4.0%
Idaho Overall	5.1%	5.3%	4.6%
U.S Overall	5.2%	5.7%	4.8%

Question 15: Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	8.5%	9.0%	7.3%
10th	9.0%	6.4%	11.5%
11th	8.7%	4.2%	12.8%
12th	5.5%	2.8%	8.0%
Idaho Overall	8.0%	5.7%	9.9%
U.S Overall	7.7%	5.8%	9.5%

Question 16: Percentage of students who were in a physical fight one or more times during the past 12 months

Grade	Total	Female	Male
9th	36.3%	26.2%	45.2%
10th	29.6%	23.9%	34.5%
11th	25.7%	15.2%	35.5%
12th	22.6%	10.3%	34.1%
Idaho Overall	28.7%	19.1%	37.3%
U.S Overall	35.7%	27.3%	44.0%

Question 17: Percentage of students who were injured in a physical fight one or more times during the past 12 months and had to be treated by a doctor or nurse

Grade	Total	Female	Male
9th	2.7%	0.6%	4.8%
10th	3.8%	2.4%	5.1%
11th	2.2%	1.0%	3.3%
12th	3.7%	1.8%	5.5%
Idaho Overall	3.1%	1.5%	4.7%
U.S Overall	4.0%	2.8%	5.3%

Question 18: Percentage of students who were in a physical fight on school property one or more times during the past 12 months

Grade	Total	Female	Male
9th	19.7%	9.2%	28.1%
10th	14.1%	9.5%	18.0%
11th	9.5%	5.2%	13.6%
12th	7.4%	2.6%	11.8%
Idaho Overall	12.8%	6.7%	18.0%
U.S Overall	14.2%	9.8%	18.5%

Question 19: Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

Grade	Total	Female	Male
9th	8.3%	7.4%	8.9%
10th	9.3%	6.5%	11.8%
11th	10.7%	12.6%	8.9%
12th	11.2%	3.6%	18.2%
Idaho Overall	9.8%	7.6%	11.8%
U.S Overall	8.8%	9.3%	8.3%

Question 20: Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to

Grade	Total	Female	Male
9th	7.0%	10.4%	3.6%
10th	8.9%	14.0%	4.1%
11th	7.6%	10.1%	5.4%
12th	7.8%	7.4%	8.1%
Idaho Overall	7.8%	10.5%	5.2%
U.S Overall	8.8%	12.5%	5.2%

Question 21: Percentage of students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

Grade	Total	Female	Male
9th	27.1%	37.4%	15.5%
10th	29.9%	37.1%	23.3%
11th	26.8%	32.6%	21.4%
12th	21.4%	24.6%	18.3%
Idaho Overall	26.4%	33.1%	19.7%
U.S Overall	28.3%	35.7%	21.0%

Question 22: Percentage of students who seriously considered attempting suicide during the past 12 months

Grade	Total	Female	Male
9th	17.1%	23.6%	10.0%
10th	18.0%	20.9%	15.3%
11th	17.1%	21.5%	12.9%
12th	14.7%	13.9%	15.5%
Idaho Overall	16.7%	20.1%	13.4%
U.S Overall	19.3%	24.9%	13.7%

Question 23: Percentage of students who made a plan about how they would attempt suicide during the past 12 months

Grade	Total	Female	Male
9th	12.0%	14.6%	8.4%
10th	18.6%	21.2%	16.1%
11th	12.5%	17.4%	8.1%
12th	13.3%	10.0%	16.4%
Idaho Overall	14.1%	15.9%	12.2%
U.S Overall	14.5%	18.3%	10.9%

Question 24: Percentage of students who actually attempted suicide one or more times during the past 12 months

Grade	Total	Female	Male
9th	9.8%	12.2%	6.3%
10th	9.8%	12.8%	7.0%
11th	7.6%	12.7%	2.6%
12th	4.8%	3.9%	5.7%
Idaho Overall	8.1%	10.5%	5.5%
U.S Overall	8.3%	10.9%	5.7%

Question 25: Percentage of students who attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Grade	Total	Female	Male
9th	3.0%	3.6%	2.5%
10th	2.9%	3.5%	2.3%
11th	2.2%	2.8%	1.5%
12th	0.6%	0.0%	1.1%
Idaho Overall	2.2%	2.5%	1.9%
U.S Overall	2.6%	3.1%	2.1%

Tobacco Use

Question 26: Percentage of students who ever tried cigarette smoking, even one or two puffs

Grade	Total	Female	Male
9th	47.7%	48.7%	45.9%
10th	55.5%	52.2%	58.4%
11th	56.3%	48.2%	63.7%
12th	58.3%	53.2%	63.1%
Idaho Overall	54.4%	50.6%	57.6%
U.S. Overall	70.4%	70.2%	70.5%

Question 27: Percentage of students who smoked a whole cigarette for the first time before age 13

Grade	Total	Female	Male
9th	23.0%	24.8%	20.7%
10th	20.4%	20.5%	20.4%
11th	16.8%	22.8%	10.1%
12th	16.3%	17.7%	14.8%
Idaho Overall	19.2%	21.5%	16.6%
U.S. Overall	24.7%	22.1%	27.3%

Question 28: Percentage of students who smoked cigarettes on one or more of the past 30 days

Grade	Total	Female	Male
9th	11.9%	13.5%	9.9%
10th	15.9%	15.4%	15.9%
11th	21.4%	17.3%	25.3%
12th	28.1%	22.9%	33.0%
Idaho Overall	19.1%	17.1%	20.7%
U.S. Overall	34.8%	34.9%	34.7%

Question 29:

Percentage of students who smoked cigarettes on 20 or more of the past 30 days

Grade	Total	Female	Male
9th	6.3%	7.6%	5.2%
10th	6.5%	5.3%	7.6%
11th	10.4%	7.6%	13.0%
12th	13.2%	9.4%	6.8%
Idaho Overall	9.0%	7.4%	10.5%
U.S. Overall	16.8%	15.6%	17.9%

Question 30: Percentage of students who smoked 10 or more cigarettes per day on the days that they smoked during the past 30 days

Grade	Total	Female	Male
9th	1.0%	0.1%	1.8%
10th	0.9%	1.1%	0.8%
11th	1.2%	1.0%	1.3%
12th	4.2%	3.3%	4.9%
Idaho Overall	1.8%	1.3%	2.2%
U.S. Overall	5.2%	4.1%	6.3%

Question 31: Percentage of students who usually got their own cigarettes by buying them in a store or gas station during the past 30 days

Grade	Total	Female	Male
9th	0.2%	0.0%	0.4%
10th	0.6%	0.3%	1.0%
11th	1.5%	0.9%	2.1%
12th	11.1%	6.4%	15.5%
Idaho Overall	3.2%	1.8%	4.5%
U.S. Overall	N/A	N/A	N/A

Question 32: Percentage of students who were not asked to show proof of age when they bought cigarettes in a store during the past 30 days

Grade	Total	Female	Male
9th	2.1%	0.5%	3.2%
10th	2.2%	0.6%	3.8%
11th	3.3%	2.9%	3.7%
12th	6.5%	1.8%	10.8%
Idaho Overall	3.5%	1.4%	5.3%
U.S. Overall	N/A	N/A	N/A

Question 33: Percentage of students who smoked cigarettes on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	4.6%	4.4%	4.8%
10th	5.3%	3.5%	6.5%
11th	4.8%	1.7%	7.7%
12th	7.1%	2.4%	11.5%
Idaho Overall	5.4%	3.0%	7.5%
U.S. Overall	14.0%	13.2%	14.8%

Question 34: Percentage of students who ever smoked cigarettes daily, that is, at least one cigarettes every day for 30 days

Grade	Total	Female	Male
9th	10.8%	9.7%	12.0%
10th	11.4%	11.4%	11.4%
11th	17.1%	15.1%	18.8%
12th	19.8%	17.0%	22.5%
Idaho Overall	14.6%	13.2%	16.0%
U.S. Overall	25.3%	24.8%	25.8%

Question 35: Percentage of students who ever tried to quit smoking cigarettes

Grade	Total	Female	Male
9th	10.8%	9.7%	12.0%
10th	11.4%	11.4%	11.4%
11th	17.1%	15.1%	18.8%
12th	19.8%	17.0%	22.5%
Idaho Overall	14.6%	13.2%	16.0%
U.S. Overall	25.3%	24.8%	25.8%

Question 36: Percentage of students who think that they will smoke a cigarette sometime during the next year

Grade	Total	Female	Male
9th	19.0%	21.2%	16.3%
10th	19.3%	16.9%	21.3%
11th	23.8%	20.2%	27.1%
12th	28.7%	24.6%	32.6%
Idaho Overall	22.5%	20.6%	24.0%
U.S. Overall	N/A	N/A	N/A

Question 37: Percentage of students who think that they will be smoking cigarettes 5 years from now

Grade	Total	Female	Male
9th	8.2%	7.6%	7.9%
10th	8.7%	7.2%	9.6%
11th	7.9%	6.7%	9.0%
12th	10.5%	10.0%	11.0%
Idaho Overall	8.8%	7.8%	9.4%
U.S. Overall	N/A	N/A	N/A

Question 38: Percentage of students whose parents have ever told them not to smoke cigarettes

Grade	Total	Female	Male
9th	87.4%	88.5%	86.5%
10th	86.1%	87.4%	85.3%
11th	85.1%	85.5%	84.8%
12th	83.8%	85.7%	82.0%
Idaho Overall	85.6%	86.7%	85.6%
U.S. Overall	N/A	N/A	N/A

Question 39: Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days

Grade	Total	Female	Male
9th	3.6%	1.7%	5.6%
10th	6.3%	2.4%	10.0%
11th	10.2%	1.5%	18.1%
12th	13.8%	2.1%	24.8%
Idaho Overall	8.3%	1.9%	14.3%
U.S. Overall	7.8%	1.3%	14.2%

Question 40: Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	1.5%	0.1%	2.9%
10th	4.7%	2.0%	7.2%
11th	4.2%	0.9%	7.2%
12th	8.6%	0.6%	16.2%
Idaho Overall	4.6%	0.9%	8.2%
U.S. Overall	4.2%	0.3%	8.1%

Question 41: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days

Grade	Total	Female	Male
9th	4.0%	2.0%	5.8%
10th	8.7%	3.7%	13.3%
11th	13.0%	4.9%	20.4%
12th	9.7%	6.2%	32.3%
Idaho Overall	11.1%	4.1%	17.6%
U.S. Overall	17.7%	9.9%	25.4%

Question 42: Percentage of students who were in the same room with someone who was smoking cigarettes

Grade	Total	Female	Male
9th	48.7%	51.8%	45.5%
10th	53.7%	58.9%	48.8%
11th	61.7%	60.4%	63.0%
12th	54.6%	51.6%	57.5%
Idaho Overall	54.6%	55.6%	53.5%
U.S. Overall	N/A	N/A	N/A

Question 43: Percentage of students who rode in a car with someone who was smoking cigarettes

Grade	Total	Female	Male
9th	36.1%	36.3%	35.1%
10th	37.2%	40.4%	33.9%
11th	39.5%	38.7%	40.3%
12th	38.9%	35.5%	42.0%
Idaho Overall	37.9%	37.7%	37.8%
U.S. Overall	N/A	N/A	N/A

Question 44: Percentage of students who think that the smoke from other people's cigarettes is harmful to them

Grade	Total	Female	Male
9th	96.3%	98.0%	95.2%
10th	93.1%	96.4%	90.1%
11th	97.1%	97.7%	96.7%
12th	95.9%	98.3%	93.6%
Idaho Overall	95.6%	97.6%	93.8%
U.S. Overall	N/A	N/A	N/A

Question 45: Percentage of students who lives in a home where someone other than themselves currently smokes cigarettes

Grade	Total	Female	Male
9th	33.0%	31.8%	33.0%
10th	30.7%	32.2%	29.4%
11th	31.1%	32.7%	29.6%
12th	24.3%	21.7%	26.7%
Idaho Overall	29.9%	29.7%	29.8%
U.S. Overall	N/A	N/A	N/A

Alcohol and Other Drug Use

Question 46: Percentage of students who had at least one drink of alcohol on one or more days during their life

Grade	Total	Female	Male
9th	63.7%	64.5%	62.5%
10th	71.4%	69.4%	73.2%
11th	73.9%	71.0%	76.6%
12th	74.5%	74.8%	74.1%
Idaho Overall	70.8%	69.8%	71.5%
U.S. Overall	81.0%	81.7%	80.4%

Question 47: Percentage of students who had their first drink of alcohol other than a few sips before age 13

Grade	Total	Female	Male
9th	36.2%	31.3%	40.7%
10th	30.4%	29.4%	31.4%
11th	25.5%	18.0%	32.5%
12th	17.6%	16.1%	19.0%
Idaho Overall	27.6%	24.0%	30.9%
U.S. Overall	32.2%	26.8%	37.4%

Question 48: Percentage of students who had at least one drink of alcohol on one or more of the past 30 days

Grade	Total	Female	Male
9th	32.9%	36.3%	29.5%
10th	41.7%	40.6%	42.4%
11th	44.5%	41.3%	47.5%
12th	44.2%	34.9%	53.0%
Idaho Overall	40.6%	38.3%	42.8%
U.S. Overall	50.0%	47.7%	52.3%

Question 49: Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days

Grade	Total	Female	Male
9th	19.6%	23.8%	16.2%
10th	26.3%	22.7%	29.4%
11th	30.7%	29.5%	31.8%
12th	33.0%	20.1%	45.4%
Idaho Overall	27.2%	24.0%	30.2%
U.S. Overall	31.5%	28.1%	34.9%

Question 50: Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days

Grade	Total	Female	Male
9th	3.1%	3.8%	2.6%
10th	4.1%	3.4%	4.8%
11th	4.2%	2.4%	5.9%
12th	5.4%	2.4%	8.3%
Idaho Overall	4.2%	3.0%	5.3%
U.S. Overall	4.9%	3.6%	6.1%

Question 51: Percentage of students who used marijuana one or more times during their life

Grade	Total	Female	Male
9th	26.0%	25.6%	25.1%
10th	32.8%	28.3%	36.8%
11th	40.9%	35.4%	46.1%
12th	39.9%	34.5%	44.9%
Idaho Overall	34.7%	30.7%	38.0%
U.S. Overall	47.2%	43.4%	51.0%

Question 52: Percentage of students who tried marijuana for the first time before age 13

Grade	Total	Female	Male
9th	10.5%	5.9%	14.1%
10th	10.2%	9.3%	11.2%
11th	6.2%	2.8%	9.4%
12th	6.0%	5.0%	7.1%
Idaho Overall	8.3%	5.8%	10.5%
U.S. Overall	11.3%	8.0%	14.5%

Question 53: Percentage of students who used marijuana one or more times during the past 30 days

Grade	Total	Female	Male
9th	12.8%	12.1%	13.1%
10th	15.7%	13.9%	17.1%
11th	20.9%	17.4%	24.2%
12th	20.8%	11.5%	29.4%
Idaho Overall	17.5%	13.7%	20.7%
U.S. Overall	26.7%	22.6%	30.8%

Question 54: Percentage of students who used marijuana on school property one or more times during the past 30 days

Grade	Total	Female	Male
9th	3.8%	2.2%	5.1%
10th	5.2%	3.5%	6.3%
11th	4.4%	0.6%	8.1%
12th	5.3%	1.9%	8.5%
Idaho Overall	4.7%	2.0%	6.9%
U.S. Overall	7.2%	4.4%	10.1%

Question 55: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

Grade	Total	Female	Male
9th	5.8%	7.2%	4.3%
10th	7.1%	6.6%	7.2%
11th	7.2%	4.6%	9.7%
12th	9.3%	9.9%	8.6%
Idaho Overall	7.3%	7.0%	7.4%
U.S. Overall	9.5%	8.4%	10.7%

Question 56: Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days

Grade	Total	Female	Male
9th	2.7%	3.5%	1.7%
10th	3.8%	4.3%	2.9%
11th	3.0%	1.6%	4.3%
12th	3.3%	1.8%	4.7%
Idaho Overall	3.2%	2.8%	3.3%
U.S. Overall	4.0%	2.9%	5.2%

Question 57: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life

Grade	Total	Female	Male
9th	16.4%	18.2%	14.2%
10th	15.7%	15.5%	15.9%
11th	12.5%	10.3%	14.7%
12th	12.3%	9.0%	15.3%
Idaho Overall	14.3%	13.4%	15.0%
U.S. Overall	14.6%	14.6%	14.7%

Question 58: Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during the past 30 days

Grade	Total	Female	Male
9th	5.2%	4.7%	5.0%
10th	2.9%	2.7%	3.1%
11th	3.5%	3.0%	3.9%
12th	2.8%	1.1%	4.5%
Idaho Overall	3.6%	2.9%	4.1%
U.S. Overall	4.2%	3.9%	4.4%

Question 59: Percentage of students who used heroin one or more times during their life

Grade	Total	Female	Male
9th	2.8%	1.8%	3.4%
10th	3.4%	2.4%	3.9%
11th	2.7%	1.4%	3.9%
12th	3.1%	2.6%	3.5%
Idaho Overall	3.0%	2.0%	3.7%
U.S. Overall	2.4%	1.3%	3.5%

Question 60: Percentage of students who used methamphetamines one or more times during their life

Grade	Total	Female	Male
9th	6.1%	5.3%	6.6%
10th	6.7%	7.2%	5.8%
11th	7.1%	6.7%	7.5%
12th	9.1%	9.2%	9.0%
Idaho Overall	7.2%	7.0%	7.2%
U.S. Overall	9.1%	8.4%	9.9%

Question 61: Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life

Grade	Total	Female	Male
9th	3.8%	2.8%	4.5%
10th	5.0%	2.0%	7.4%
11th	2.1%	1.9%	2.2%
12th	3.5%	1.5%	5.5%
Idaho Overall	3.6%	2.0%	4.9%
U.S. Overall	3.7%	2.2%	5.2%

Question 62: Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

Grade	Total	Female	Male
9th	1.7%	1.3%	1.7%
10th	2.1%	1.6%	2.6%
11th	1.4%	1.0%	1.7%
12th	3.1%	2.0%	4.0%
Idaho Overall	2.0%	1.5%	2.5%
U.S. Overall	1.8%	0.7%	2.8%

Question 63: Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months

Grade	Total	Female	Male
9th	21.6%	17.0%	24.2%
10th	23.7%	19.9%	26.9%
11th	25.4%	17.1%	33.1%
12th	22.4%	13.0%	31.1%
Idaho Overall	23.2%	16.8%	28.7%
U.S. Overall	30.2%	25.7%	34.7%

Sexual Behavior

Question 64: Percentage of students who have ever had sexual intercourse

Grade	Total	Female	Male
9th	22.8%	22.1%	22.5%
10th	37.0%	35.0%	38.6%
11th	39.4%	42.9%	36.2%
12th	47.1%	42.9%	51.0%
Idaho Overall	36.2%	35.3%	36.8%
U.S. Overall	49.9%	47.7%	52.2%

Question 65: Percentage of students who had sexual intercourse for the first time before age 13

Grade	Total	Female	Male
9th	6.7%	5.1%	8.4%
10th	6.1%	4.6%	7.5%
11th	3.3%	0.9%	5.6%
12th	2.6%	1.3%	3.8%
Idaho Overall	4.7%	3.0%	6.4%
U.S. Overall	8.3%	4.4%	12.2%

Dietary Behaviors

Question 66: Percentage of students who described themselves as slightly or very overweight

Grade	Total	Female	Male
9th	34.3%	45.1%	23.6%
10th	30.2%	0.4%	20.0%
11th	30.6%	39.8%	22.0%
12th	33.1%	44.5%	22.5%
Idaho Overall	32.0%	42.6%	22.0%
U.S. Overall	30.0%	36.4%	23.7%

Question 67: Percentage of students who were trying to lose weight

Grade	Total	Female	Male
9th	44.2%	65.3%	24.8%
10th	40.7%	62.3%	20.9%
11th	40.9%	64.8%	18.7%
12th	41.7%	59.5%	25.4%
Idaho Overall	41.9%	62.9%	22.4%
U.S. Overall	42.7%	59.4%	26.1%

Question 68: Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	63.3%	75.1%	51.9%
10th	58.3%	72.3%	45.5%
11th	55.9%	73.7%	39.3%
12th	58.1%	69.3%	47.4%
Idaho Overall	58.9%	72.5%	46.1%
U.S. Overall	58.4%	67.4%	49.5%

Question 69: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	39.0%	60.2%	18.7%
10th	34.9%	53.0%	18.1%
11th	39.4%	62.1%	18.3%
12th	42.3%	57.8%	28.0%
Idaho Overall	38.7%	58.1%	20.6%
U.S. Overall	40.4%	56.1%	25.0%

Question 70: Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	11.6%	19.6%	3.7%
10th	11.1%	17.2%	5.6%
11th	10.2%	16.4%	4.5%
12th	8.0%	12.3%	4.0%
Idaho Overall	10.3%	16.4%	4.5%
U.S. Overall	12.6%	18.8%	6.4%

Question 71: Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	6.4%	11.6%	0.8%
10th	8.5%	11.2%	6.1%
11th	7.7%	12.0%	3.6%
12th	4.0%	5.6%	2.5%
Idaho Overall	6.7%	10.2%	3.3%
U.S. Overall	7.6%	10.9%	4.4%

Question 72: Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days

Grade	Total	Female	Male
9th	5.8%	10.0%	1.9%
10th	7.7%	12.3%	3.4%
11th	4.7%	6.9%	2.7%
12th	4.7%	3.8%	5.5%
Idaho Overall	5.8%	8.4%	3.3%
U.S. Overall	4.8%	7.5%	2.2%

Question 73: Percentage of students who drank 100% fruit juices one or more times during the past seven days

Grade	Total	Female	Male
9th	82.3%	81.5%	83.4%
10th	83.7%	85.0%	82.5%
11th	85.1%	86.2%	84.0%
12th	81.6%	81.7%	81.5%
Idaho Overall	83.1%	83.5%	82.9%
U.S. Overall	N/A	N/A	N/A

Question 74: Percentage of students who ate fruit one or more times during the past seven days

Grade	Total	Female	Male
9th	90.6%	93.6%	88.3%
10th	86.7%	88.8%	84.8%
11th	89.5%	92.8%	86.4%
12th	84.6%	90.1%	79.5%
Idaho Overall	87.9%	91.3%	84.8%
U.S. Overall	N/A	N/A	N/A

Question 75: Percentage of students who ate green salad one or more times during the past seven days

Grade	Total	Female	Male
9th	70.5%	75.9%	65.5%
10th	71.9%	75.7%	68.6%
11th	76.5%	77.0%	76.1%
12th	82.7%	85.8%	79.7%
Idaho Overall	75.1%	78.3%	72.3%
U.S. Overall	N/A	N/A	N/A

Question 76: Percentage of students who ate potatoes one or more times during the past seven days

Grade	Total	Female	Male
9th	77.1%	79.0%	75.5%
10th	75.0%	72.6%	77.2%
11th	79.9%	78.8%	80.9%
12th	74.3%	72.6%	75.9%
Idaho Overall	76.6%	75.7%	77.4%
U.S. Overall	N/A	N/A	N/A

Question 77: Percentage of students who ate carrots one or more times during the past seven days

Grade	Total	Female	Male
9th	53.9%	57.0%	51.3%
10th	58.2%	60.0%	56.8%
11th	57.6%	58.0%	57.2%
12th	60.7%	65.5%	56.2%
Idaho Overall	57.5%	59.9%	55.4%
U.S. Overall	N/A	N/A	N/A

Question 78: Percentage of students who ate other vegetables one or more times during the past seven days

Grade	Total	Female	Male
9th	84.9%	85.4%	85.3%
10th	88.5%	90.0%	87.0%
11th	89.6%	88.8%	90.4%
12th	88.0%	91.3%	85.0%
Idaho Overall	87.7%	88.8%	86.9%
U.S. Overall	N/A	N/A	N/A

Question 79: Percentage of students who drank three or more glasses of milk per day during the past seven days

Grade	Total	Female	Male
9th	30.3%	22.9%	37.4%
10th	29.2%	21.1%	36.7%
11th	24.7%	18.0%	30.8%
12th	20.3%	10.5%	29.3%
Idaho Overall	26.2%	18.3%	33.7%
U.S. Overall	18.0%	12.9%	23.0%

Question 80: Percentage of students who drank soda pop one or more times per day during the past seven days

Grade	Total	Female	Male
9th	33.9%	28.2%	39.5%
10th	38.8%	33.3%	44.1%
11th	38.2%	37.0%	39.4%
12th	36.8%	24.8%	48.0%
Idaho Overall	36.9%	30.8%	42.6%
U.S. Overall	N/A	N/A	N/A

Question 81: Percentage of students who purchased their lunch from a vending machine one or more times during the past seven days

Grade	Total	Female	Male
9th	29.9%	40.0%	20.5%
10th	27.6%	29.9%	25.6%
11th	25.7%	30.4%	21.2%
12th	23.7%	24.4%	23.1%
Idaho Overall	23.7%	31.3%	22.5%
U.S. Overall	N/A	N/A	N/A

Physical Activity

Question 82: Percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breath hard on three or more of the past seven days

Grade	Total	Female	Male
9th	69.0%	64.6%	75.0%
10th	69.6%	61.8%	77.0%
11th	65.6%	57.4%	73.4%
12th	63.7%	53.5%	72.9%
Idaho Overall	67.1%	59.4%	74.6%
U.S. Overall	64.7%	57.1%	72.3%

Question 83: Percentage of students who participated in physical activities that did not make them sweat or breath hard for at least 30 minutes on five or more of the past seven days

Grade	Total	Female	Male
9th	27.1%	27.8%	26.8%
10th	27.8%	28.4%	27.3%
11th	29.2%	25.2%	32.9%
12th	33.4%	25.9%	40.4%
Idaho Overall	29.3%	26.8%	31.7%
U.S. Overall	26.7%	24.4%	29.0%

Question 84: Percentage of students who did exercises to strengthen or tone their muscles on three or more of the past seven days

Grade	Total	Female	Male
9th	58.1%	52.2%	64.8%
10th	55.8%	46.8%	64.5%
11th	55.1%	49.2%	60.6%
12th	55.0%	45.6%	63.7%
Idaho Overall	56.1%	48.4%	63.5%
U.S. Overall	53.6%	43.6%	63.5%

Question 85: Percentage of students who watched two or less hours of TV per day on an average school day

Grade	Total	Female	Male
9th	45.9%	52.4%	39.9%
10th	52.2%	57.6%	47.1%
11th	57.2%	63.0%	51.8%
12th	57.4%	58.3%	56.4%
Idaho Overall	52.9%	57.8%	48.5%
U.S. Overall	N/A	N/A	N/A

Question 86: Percentage of students who attended physical education (PE) class one or more days during an average school week

Grade	Total	Female	Male
9th	40.4%	38.6%	42.5%
10th	54.8%	46.9%	62.6%
11th	33.6%	28.7%	38.2%
12th	42.4%	33.7%	50.2%
Idaho Overall	43.1%	37.2%	48.6%
U.S. Overall	N/A	N/A	N/A

Question 87: Of students enrolled in physical education (PE) class, the percentage who exercised or played sports more than 20 minutes during an average physical education class

Grade	Total	Female	Male
9th	91.9%	-	94.2%
10th	89.6%	88.5%	90.3%
11th	90.1%	-	-
12th	90.1%	-	-
Idaho Overall	90.4%	89.1%	91.5%
U.S. Overall	76.3%	69.6%	82.1%

Question 88: Percentage of students who played on one or more sports teams during the past 12 months

Grade	Total	Female	Male
9th	68.5%	66.2%	70.4%
10th	62.6%	55.3%	69.3%
11th	57.0%	55.9%	57.9%
12th	58.8%	51.9%	65.4%
Idaho Overall	61.8%	57.3%	65.9%
U.S. Overall	55.1%	48.5%	61.7%

AIDS/HIV Education

Question 89: Percentage of students who had ever been taught about AIDS or HIV infection in school

Grade	Total	Female	Male
9th	79.8%	82.2%	78.6%
10th	86.2%	84.6%	87.6%
11th	89.2%	88.8%	89.6%
12th	86.4%	83.1%	89.5%
Idaho Overall	85.3%	84.7%	86.3%
U.S. Overall	90.6%	91.5%	89.6%

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